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Your essential daily news | WEDNESDAY, NOVEMBER 25, 2015

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RICK EGGINTON/TORSTAR NEWS SERVICE FILE



Arrival in Canada, 1993.

LIZ BROWN/METRO TORONTO



New hometown of Oakville, Ont., 2015.

MELITA'S STORY

Metro's Melita Kuburas arrived in Canada as a refugee 22 years ago. Today people ask her, Why the rush to bring in so many Syrians? — 'As if anybody deserves to spend another night on a dirt floor.' **HER FULL STORY IN metroNEWS**

Resettlement homes needed

★ **SYRIAN REFUGEES
IN CANADA** ★

**City already
has affordable
housing shortage**



**Michael
Woods**
Metro | Ottawa

As the Liberal government unveiled its complex plan to resettle 25,000 Syrian refugees by the end of February, the city is facing an urgent question: Where will they live?

"We need to create new capacity in order to house these folks," said Louisa Taylor, the volunteer director of Refugee 613.

The Liberal government said Tuesday it would bring in 10,000 Syrian refugees by the end of December and another 15,000 by the end of February, walking back its campaign promise to bring in 25,000 by the end of the year. The government plans to spend an estimated \$678 million over six years to resettle and integrate the refugees.

The city created Refugee 613 last month to co-ordinate resettlement

efforts. It remains unclear how many are coming to Ottawa and when, Taylor said. The government was due to hold a technical briefing for settlement agencies late Tuesday.

"How to house these folks without having adverse impact on existing populations that are struggling to be housed; that's something that every aspect of the city is going to need to tackle together," she said.

Taylor said the city is "more ready on some fronts than on others." For example, there's a health care network ready to quickly funnel refugees into primary care, if needed. And communities have stepped up in an "overwhelming" fashion.

But the city already has an affordable housing shortage, and will need everyone to pitch in on that front, she said. "We can't leave this to ... housing advocates," she said. "They need more partners to step up, whether it's private landlords, developers or individuals with space in their homes."

Refugee 613 is creating a housing matching service for people to offer space in their homes for refugees.

**More coverage on
pages 17 & 22**

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5

WAYS THE CITY IS LOOKING TO SAVE MONEY

It's no secret the City of Ottawa is tight for cash, and to get ahead more than \$11 million in savings have been included in the draft 2016 budget, which council will debate Dec. 9. Here's where the city hopes to trim the fat. **EMMA JACKSON METRO**



1 Count your pennies... and sand?

The city will keep a close eye on how much salt and sand is spread on roads this winter, although it says road quality won't be affected. As much as \$2.5 million might be saved if staff can more effectively spread the dirt around while they simultaneously cut down on overtime and on-call costs.

2 Getting social

Who needs newspapers when you've got Twitter? The city will continue to embrace social media platforms like Facebook and Twitter to get its message out, rather than paying for expensive traditional advertising. That should save about \$500,000. Side benefit: better, more direct access to residents.



3 Cut the fun stuff

When you're in a crunch, it's the luxuries that go first, and the city hopes to axe \$4.4 million worth next year with a 15 per cent drop in "discretionary spending." Message to staff: say goodbye to consultants and cancel that extended weekend you planned with your conference — you likely aren't going anymore.



4 Show me the money

When you're low on cash, go find more. The city hopes to uncover about \$8 million more next year with the sale of surplus land, increased Hydro Ottawa dividends and contracting its services out to other municipalities, among other things.



5 Job cuts

Each department is expected to streamline its workflow, but failure to do so means managers will have to cut jobs that aren't worth the city's money. An effort will be made to cut vacant positions first, and to let staff go earlier in the year to maximize saving.

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ACROSS
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Oblates land now cleared to develop

ZONING

Community, architects glad plan on track

Emma Jackson
Metro | Ottawa

The massive Oblates redevelopment can go ahead on Main Street after planning committee approved its bid for rezoning Tuesday.

About 916 residential units can now be built on the sprawling green lawns of the former Oblates seminary between Main and the Rideau River, beside St. Paul University.

The zoning amendment approved Tuesday was the culmination of more than a year of consultations with Regional Group and its architects, but the question of what to do with the 26-acre parcel was a hot topic

as early as 2011 when Old Ottawa East approved its secondary plan.

There's pressure not to mess it up: it's one of the largest undeveloped urban parcels in the city, behind LeBreton Flats and the former CFB Rockcliffe base.

But if the accolades around the committee table are any indication, it seems most people are happy with the outcome.

"I can reinforce the happy comments we've heard about the collaborative nature of this project," said Stephen Pope, chairman of the community association's planning group.

Committee chairwoman Coun. Jan Harder said the project is an "exceptional example" of people working together to bring a project to life.

Greystone Village will centre around the heritage Edifice Deschâtelets building, the religious centre of the Oblates Catholic order that owned and maintained the land as early as the 1860s.

A sweeping, tree-lined laneway leading up to the building — dubbed the Grand Allee — and a semi-circle of greenspace in front will be preserved as a public park.

All around, a range of low- and mid-rise housing will be built throughout the property, with taller buildings in the centre and low-rise units closer to neighbouring streets. A six-storey mixed-use centre will go along Main.

The development makes an effort to offer a sustainable, urban experience. A 30-metre wide natural shoreline will be maintained along the river, with a multi-use pathway connecting to Springhurst and Brantwood parks and the city's larger cycling network.

Local roads have been designed for pedestrians and cyclists, said Regional Group manager Josh Kardish, with most housing blocks using rear lanes instead of driveways.



Rendering of Regional Group's new urban village in Old Ottawa East, designed around a heritage Oblates building on Main Street. COURTESY REGIONAL GROUP

HERITAGE

Priests' role in city's past, future

The Oblates of Mary Immaculate purchased 28 acres of land along Main Street in 1863, and built the Edifice Deschâtelets in 1885.

The building is now protected under the Ontario Heritage Act, and city staff say it may be adapted into a public meeting space in the future.

The Catholic order played a major role in the local community, founding first the University of Ottawa and later St.

Paul University.

Fast forward to modern times and the community has been pondering the future of the site for at least five years, since the city led a secondary plan process to guide future development in the neighbourhood.

At the time, it was clear the community supported redevelopment, but on their terms: sustainable, public and with respect for the site's histor-

ical legacy.

Rumours began swirling early in 2014 that the institutional land was going to be sold, and in June 2014 Regional Group made it official.

Since then, city planner Erin O'Connell estimated she and her team met with stakeholders at least 75 times, not to mention the many formal and informal community meetings between residents and the developer. EMMA JACKSON/METRO



The Ontario Court of Appeal, housed in Osgoode Hall on Queen Street West in Toronto, is the ultimate authority in the province's judicial system. BERNARD WEIL/TORSTAR NEWS SERVICE

Adult-minor sex ban upheld

COURT OF APPEAL

Only exception to law involves partners who are close in age

A cornerstone law aimed at protecting teens from sexual exploitation by adults is constitutional — even if the sex is clearly consensual, Ontario's top court has ruled.

The decision affirms a section of the Criminal Code that bars any sexual activity involving teens aged 14 and 15 and partners more than five years older.

"For an adult to suggest that, by excluding him from the close-in-age group, Parliament has made the law over-broad, is to misunderstand the

protective purpose of the law," the Court of Appeal ruled.

Court files show the accused in this case was 21 years old when he began a romantic relationship with a 15-year-old girl he had known for several years. The relationship — described at trial as positive — lasted 11 months and progressed to sexual activity.

Evidence was that the girl wanted and instigated the sex, while he was initially reluctant because she was not yet 16 — the legal age for consent.

After she became pregnant — she had stopped her birth control without telling him — she had an abortion, and a child-welfare agent reported him to police, who charged the young man with various sexual offences.

Even though the girl was

a willing partner, part of the Criminal Code — Section 150.1 — barred the accused from raising consent as a defence. The impugned law does allow a teen aged 14 to 16 to agree to sexual activity — but only if the partner is less than five years older and there is no relationship of trust.

As a result, he was found guilty of sexual assault and sexual touching in June 2011 but Judge Lisa Cameron of the Ontario Court of Justice refused to enter a conviction. She found there had been no coercion or exploitation, and no criminal intent. Cameron described the young woman as mature for her age,

intelligent and independent, and called the relationship "loving and respectful."

Instead, Cameron found the age-gap law violated the young man's constitutional rights and stayed the proceedings. The

young man knew his girlfriend was 15. Glass set aside the stay and sent the case back for sentencing. Cameron imposed a conditional discharge.

The young man turned to the Court of Appeal.

In essence, he argued, the otherwise well-intended law goes too far and is at odds with the principles of fundamental justice.

The federal government countered that the law is part of a legal framework aimed at protecting young people from any and all sexual involvement with adults given the inherent power imbalance. The Appeal Court agreed.

The protective purpose of the law, which Cameron failed to understand, is reasonable, the court ruled, adding lawmakers were entitled to create a "close-in-age exception" that allows teens to have age-appropriate sexual relationships.

The justices also disagreed with Cameron's assessment that the girl didn't need legal protection. They noted her mother had died, she was estranged from her father, was living alone, and had ended up pregnant and having an abortion.

"Although the appellant may not have intended to exploit the complainant, she clearly suffered emotional and psychological harm from engaging in a sexual relationship with him," the Appeal Court found.

THE CANADIAN PRESS



For an adult to suggest that, by excluding him from the close-in-age group, Parliament has made the law over-broad, is to misunderstand the protective purpose of the law.

Court of Appeal ruling

prosecution appealed.

In October 2012, Superior Court Justice Bruce Glass ruled the law did not violate the charter and Cameron had made legal errors. He concluded the ban on raising consent automatically kicked in because the

COMMUNITY GROWTH

Avalon area changes with times

Change is the buzzword over at the Portobello South Community Development Association.

The association will now officially be called the Greater Avalon Community Association, following a vote at the association's annual general meeting on Nov. 17.

The Avalon area has seen significant residential development over the past few years, which prompted the association to expand its boundaries at last year's AGM to integrate residents from south of Brian Coburn Boulevard.

The name change will reflect

"the new reality we have," said former president Pamela Moss, who was filling in for president Steven Sauve at the meeting.

The logo will remain the same, Moss said. She hopes that will prevent people from thinking a second community association has started up, and realize the existing group has simply changed its name.

The association heard about some of the expansion in the area at the AGM from Coun. Stephen Blais, who touched on some of the commercial development, and staff from MPP Marie-France Lalonde's of-

fice, who talked about some of the school growth in the area.

Residents also welcomed a chef from St. Martha's Brasserie d'Orléans who donated a door prize, as well as the news that the popular local restaurant will be expanding with a second location, which they are hopeful will open in September, at the Shops at Tenth Line development near the current Ultramar gas station.

The plaza will also include a grocery store, pizza shop, physiotherapy clinic, bank and oil change facility, Blais said.

BRIER DODGE/METROLAND MEDIA

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Ontario's top court, seen here, has ruled that **an employer's cash shortage is no reason to short-change a wrongfully dismissed employee**. DALE BRAZAO/TORSTAR NEWS SERVICE

Ex-teachers win appeal, severance

LABOUR RIGHTS

Wrongfully fired workers must be paid, says top court

An employer's cash shortage is no reason to short-change a wrongfully dismissed employee, Ontario's top court ruled Monday.

The ruling overturns a decision by a lower court judge in a case involving three teachers who worked for Villanova College — referred to in court documents as St. Thomas of Villanova Catholic School — in King City, Ont.

"An employer's financial circumstances may well be the reason for terminating a contract of employment (but) are not relevant to the determination of reasonable notice in a particular case," the Appeal Court ruled.

"They justify neither a reduction in the notice period in bad times, nor an increase when times are good."

The private school had employed the teachers on a series of one-year contracts. One of them, Sergio Gomes, had taught there for 13 years; Domenica Michela for about 11 years; Catherine Carnovale for eight years.

In May 2013, the school told them their contracts would not be renewed on the basis that enrolment for the following academic year would be falling. The school sent Michela and Carnovale a second termination letter in late June 2013, while Gomes received an email saying he would not be rehired.

The school argued they were not entitled to any notice because they had been employed on fixed-term contracts. The teachers sued for wrongful dismissal.

In January, Superior Court Justice Thomas Lederer found the teachers had, in fact, been employed for indefinite periods and were therefore entitled to reasonable notice. However, Lederer cut the 12-month notice period proposed by the teachers to six months on the basis of the school's financial situation.



An employer's financial circumstances ... are not relevant to the determination of reasonable notice.

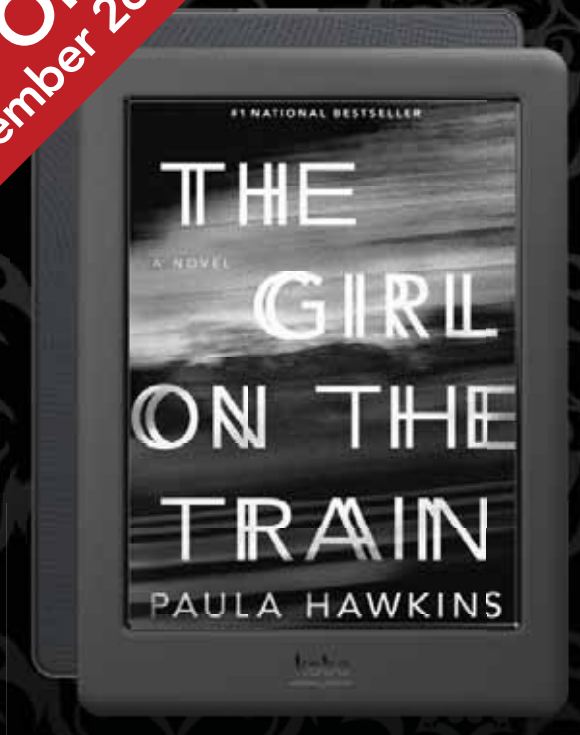
Appeal Court ruling

In their appeal, the teachers also argued the judge was wrong to justify the shorter notice period by concluding they could have found work elsewhere within six months of losing their jobs.

In its ruling, the Appeal Court raised the notice period to 12 months. It also ordered the school to pay \$68,573 in costs to the teachers for their initial court battle — significantly more than what Lederer had awarded on the grounds the school had protracted the legal fight — and another \$10,000 for the appeal.

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Two charged over bear-spray spree

ASSAULT

Six victims in hospital after attack on OC Transpo bus



Steve Rennie
Metro|Ottawa

Ottawa police have charged two 17-year-olds following a bear-spray attack on an OC Transpo bus Monday that sent six people to hospital.

Police say the two teens met aboard an OC Transpo bus at around 1:30 p.m. on Nov. 23. One of the teens demanded that the eventual victim of the attack hand over some unspecified property, police say. When the victim

refused, one of the 17-year-olds took a can of bear spray being carried by the other 17-year-old and sprayed the victim.

Police say that five other passengers — including a two-year-old — were also sprayed.

The driver stopped the bus and the two teens fled. The six people who were sprayed — the victim and five others

— were taken to hospital for treatment.

Police say patrol officers arrested the two teens a short time later in the area.

Police also say the found stolen property from another, unrelated incident on one of the teens.

The two 17-year-olds — a boy and a girl, both from Ottawa — are both charged with robbery and conspir-

acy to commit an indictable offence.

The boy is also charged with:

- Administering a noxious substance
- Assault with a weapon
- Possession of a weapon dangerous to the public
- Carrying a concealed weapon
- Possession of property

obtained by crime

- Breach of probation (two counts)

The girl is also charged with:

- Possession of a weapon dangerous to the public
 - Carrying a concealed weapon
 - Breach of probation
- They were scheduled to appear in court Tuesday.

HEALTH

Hygiene products drive is purse-onal



Joe Lofaro
Metro|Ottawa

Walking into Det. Sylvie Reaney's office these days, you would think she is a purse hoarder. But the veteran police officer in the Organized Fraud Unit is collecting the handbags to fill them with feminine hygiene products and donate them to women's shelters this holiday season.

Heidi Danson of the Anglican Diocese of Ottawa reached out to Ottawa police to give "Women Helping Women — Purse Project" more awareness and shine a light on the fact that many homeless women do not have access to basic things like tampons and sanitary napkins.

To their surprise, Danson and Reaney have already collected 300 purses and bags filled with essential products since mid-October and are hoping to reach their new goal of 1,000 purses

by Dec. 18.

Reaney said she got involved because the idea resonated with her after researching the topic in developing countries as part of her Master's program at St. Paul University.

She said she did a presentation on how women's menstrual cycle impedes their access to education and clean facilities.

"It never even dawned on me that this was happening in our own backyard, in our own community where women struggle with this issue," she said. "I jumped on board with (Heidi)."

Members of the public can donate filled purses or bags labelled "for Sylvie" to any police station during the campaign.

So far, Cornerstone Housing for Women, The Well, St. Luke's Table, and Centre 454 will benefit from the campaign.

More information is available at facebook.com/WHWPP.



Det. Sylvie Reaney is helping collect hundreds of purses, to donate to local women's shelters once filled with feminine hygiene products.

JOE LOFARO/METRO

IN BRIEF

U of O student club reviewed

The University of Ottawa released a cryptic statement Tuesday saying the school is launching an "internal review" of misconduct involving a student-run club.

The release said the misconduct happened in February, but the school's senior administration was not informed until an anonymous report received Nov. 11.

The club is independent

of the University's Sports Services.

The school said police were contacted in February but did not lay charges. They have hired an independent investigator to help the university determine "whether further action is necessary."

University spokeswoman Néomie Duval said she would not provide further details until the investigation is complete.

HALEY RITCHIE/METRO

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Building permits too high: Council

DEVELOPMENT

New housing dips down 25% over two years

Emma Jackson
Metro | Ottawa

If staff stopped collecting building permit fees today, they could still run the office for two years — a clear sign the city is overcharging, according to Coun. Allan Hubley.

The building services office has \$35 million in the bank, but only \$18.6 million is needed for 2016, according to the draft 2016 budget.

With new housing projects down 25 per cent over two years, the city can't afford to gouge its developers, Hubley said.

"We have a (home-building) industry in trouble here that is a major job provider for our city," he told Tuesday's planning committee.

Hubley pushed staff to report back ahead of next spring so builders can plan for the construction season. He'd also like to temporarily reduce fees for a year to see if it can indeed stimulate the economy.

Building permits cost between \$0.26 to \$1.39 per square foot of a new home's gross floor area, while renovations cost \$11 per \$1,000 of the project value.

The fees have been held at those rates since 2014. Planning manager Michael Mizzi said he's already started reviewing fees, because it's clear the office is keeping more than it's spending.

John Herbert, president of the Greater Ottawa Home Builders' Association, was hesitant to cheer for the prospect of lower fees — in fact, he worried reducing them too much could impact how quickly city staff can complete the permits and inspections necessary to keep his members on schedule.

The real barrier, Herbert said, is the city's raft of other development charges. They're generally higher than neighbouring

municipalities, so builders are courting places like Kemptville and Rockland where "they're welcomed with open arms," Herbert said.

And that creates a vicious cycle for the capital: development money goes to a cheaper city, but its residents use Ottawa's transportation network free of charge to get to work downtown.

Regardless, Coun. Stephen Blais said permit reductions could at least spur some local economic activity, particularly for small-scale projects.

"Even a small reduction might be a tipping point (to convince a homeowner) to get that renovation or house expansion," he said.



We have an industry in trouble here that is a major job provider.

Coun. Allan Hubley



The city is reviewing the cost of development after councillors pointed out the account currently has two years' worth of funding available. EMMA JACKSON / FOR METRO

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Aspiring teachers take to water

BOAT RACES

Educator says the lesson is universal and appeals to kids



Haley Ritchie
Metro | Ottawa

An unusual aquatic sport took over the University of Ottawa pool on Tuesday: around 40 teaching students hit the water for races in homemade boats.

As part of a course called "Science, tech and math inquiry," the students were tasked with building boats made from two sheets of cardboard and two rolls of duct tape.

It's a lesson in engineering, one practised by many high school and elementary school students across the country at Skills Ontario and Skills Canada competitions.

"I thoroughly enjoy being a part of the new education system," said Paula Walker, a teacher at the Ottawa-Carleton



University of Ottawa teaching students put their cardboard and duct tape creations to the test in an exercise. HALEY RITCHIE/METRO

School Board and an occasional professor at the university.

"These are new students coming in and they're fresh, they're risk-takers and they are brilliant. We want to hone

their skills to make sure they reach every learner," she said.

Teams first designed a small model of their boat, experimenting with different forms. The models were then scaled

up. On Tuesday, the students loaded them into the water and raced — paddling, bailing and sinking their way to the end of the pool.

Teams were judged on the

speed they completed the track. If the boat survived, students piled in for the "weight challenge."

Walker explained that the cardboard boat challenge is

“

We want to hone their skills to make sure they reach every learner.

Paula Walker

a good exercise to teach because it can entertain the entire classroom, including ESL learners, gifted students and those struggling with learning disabilities.

"It's nothing from a textbook and it's a level playing field because you're thinking and doing," she said.

While some team's strategies paid off and finished the length of the pool, others had their hopes sink well before getting to the finish line.

"You can do projects that are actually entertaining for the kids, but we still learned a lot about engineering," said Corinne Barrette, one of the education students who built a more successful model.

"We were surprised by how well our boats stood up too, ours made it to the end," she said.



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Premiers Rachel Notley and Kathleen Wynne speak at Queen's Park in Toronto on Oct. 1. On Tuesday, the Ontario Liberals unveiled their climate strategy. MARTA IWANEK/THE CANADIAN PRESS

Critic scoffs at climate plan

POLITICS

NDP calls the announcement pointless and self-serving

Ontario's long-term strategy to fight climate change came Tuesday with lofty visions, scant details and an accusation of a politically motivated release.

The strategy broadly envisions a low-carbon economy, a carbon-neutral government sector, more energy-efficient buildings and more electric vehicles on the roads but offers little new information about the Liberal government's

specific goals or how it plans to achieve them.

Details will come next year in a five-year plan that aims for a 15 per cent reduction in emissions over 1990 levels by 2020. A six-per-cent reduction has already been achieved.

More details, in the form of rules and regulations for the province's planned cap-and-trade system, will also come later.

"What we are announcing today is not the chapter and verse and details of the five-year strategy, it's not the final design features of the cap-and-trade system ... Those are underway," said Premier Kathleen Wynne.

"But we need a framework within which to do, yes the

cap-and-trade, but the other things we know are necessary."

The release of the climate strategy comes ahead of next week's opening of a United Nations climate summit in Paris that Wynne will attend alongside her fellow premiers and Prime Minister Justin Trudeau.

NDP critic Peter Tabuns called the climate-change strategy a "re-announcement of an announcement to come."

"If they actually had targets, if they had budgets, if we were talking about concrete measures, then you can talk about, well, what's the impact going to be on people," Tabuns said.

"I think they looked at (Alberta Premier) Rachel Notley and the amount of coverage she

got the other day and thought, 'This is a great idea, let's do this.'"

The long-term climate "master plan" highlighted many measures the government has already taken, such as shutting down coal-fired plants, and greenhouse-gas emission reduction targets it has already set.

Ontario plans to link its carbon trade system with ones in California and Quebec and estimates the plan could bring in \$2 billion a year in revenue. That program will be enshrined in law.

Wynne acknowledged Tuesday there will be some cost to consumers, but part of the cap-and-trade revenue will go toward helping people mitigate

80%

The emissions reduction the province is aiming for by 2020, compared to 1990 levels.

said. "We just haven't designed exactly what those programs will look like."

Mike Schreiner, the leader of the Green Party of Ontario, said he was hoping for more specifics, as well as to see Ontario commit to returning carbon pricing revenue to Ontario residents.

"People want to do the right thing but they need to be able to afford to do that," he said.

Alberta's newly released plan says some carbon tax revenue will go toward a rebate for middle- and lower-income families. British Columbia has reduced income and corporate taxes since introducing its carbon tax in 2008.

THE CANADIAN PRESS

those costs. She has previously said money raised through the system will be reinvested in green technology and green infrastructure.

The premier said she hasn't ruled out returning some of that money directly to Ontarians.

"There will be programs that will support people as they go through this transition," she

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66% Spike In Recent Foreclosures Plus Aging Baby Boomers Downsizing Creating Discounted Property Frenzy In U.S.

New Real Estate Bonanza

Right now while you are reading this, hedge funds are buying U.S. property in mass. Foreign nationals are loading up on houses as fast as they can. Some savvy individuals are snapping up housing in the U.S. like never before.

In October, *Reuters* reported private investment firm Starwood Capital Group got in the game. They purchased 23,262 mid-rise and garden-style apartments for a whopping \$5.37 billion. Other hedge funds are buying entire subdivisions under construction.

The Chinese are the number one overseas investors of U.S. real estate. Often they will buy 10 condos at once, sight unseen.

Does all this investment activity show the U.S. headed for another property bubble? The answer is no.

Demographics are driving demand for rental property to heights unseen in American history. *Bloomberg Business* says rents are only going higher.

The Millennials saddled with student debt, are choosing to rent. Others want to live in cities and avoid long commutes home ownership often demands.

One of the fastest growing demographic segments in the U.S. is those over age 65. Their downsizing activity is flooding the market with discounted property.

Foreclosures, Flips & Flowing Money

Foreclosures clogged in the U.S. courts are now surging. Those that know how are gaining windfalls of opportunity for flips or portfolio growth.

Yet individual investors are asking, "Can I still find good



Warren Buffet told CNBC he would buy a couple hundred thousand single family homes if he could.

deals in U.S. property?" The answer is an emphatic YES.

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'It's concerning to us': Police

GUN VIOLENCE

Officers probe 10 shootings in two weeks



Joe Lofaro
Metro|Ottawa

Ottawa police say they do not plan to assign more officers — for now — to investigate the recent spike in gun violence across the city, but the Guns and Gangs unit says each shooting is being taken seriously and is actively being investigated.

So far, there have been 41 shootings in 2015, with 10 of those incidents occurring within the past two weeks. Last year, police investigated a record 49 shootings.

Acting Staff Sgt. Jamie Aldrich spoke to Metro earlier this week about this year's shootings and how police are responding.

Less than an hour after the interview ended, his unit confirmed the city's 41st shooting after investigators visited a home on Debra Avenue and found a front window riddled with bullet holes. They also found bullets lodged in the interior wall. No injuries were reported.

Aldrich said the unit is working closely with the Direct Action Response Team (D.A.R.T.) to work on these files.

In describing the recent shootings, he said so far none are related, all have been targeted and not random, and some have a connection to individuals involved in a criminal network, including gangs and the illegal drug trade.

"Some of these people are involved in a criminal network and I guess the way they try to flex — if somebody looks at them the wrong way, it could be something as simple as that — their an-

swer is to have a gun," said Aldrich.

"We're working on it. We take it very seriously ... it's concerning to us."

Even though the shootings have been targeted, police are concerned about the public getting hit by a stray bullet.

Another recurring challenge in probing these cases is victims being unco-operative with police.

That's when the public has a role to play, police say, by coming forward with any information that may assist in the investigation. Police can also rely on video surveillance footage when victims refuse to talk.

+ STATISTICS

In 2013, police responded to 32 shootings. Among last year's 49 shootings, 32 were gang-related, according to police statistics.



Police investigate a recent incident in Ottawa, which resulted in the death of a 41-year-old man who was shot outside his apartment on Lacasse Avenue in Vanier on Nov. 15.

JOE LOFARO/METRO

INCIDENTS

Examples of Ottawa's most recent shootings:

- Nov. 9: A 16-year-old boy was shot in the back and face at the intersection of Besserer and Chapel Streets.
- Nov. 10: The Guns and Gangs unit responded to a shooting after they found a man suffering from gunshot wounds near Alexandra Bridge.
- Nov. 17: Police said shell casings were found near the intersection of Rothbury Crescent and Provencher Avenue after receiving calls of possible gunshots. There were no victims in the shooting.
- Nov. 21: Police say a man was shot in the leg by a semi-automatic handgun at around 10:30 p.m. near the intersection of Montreal Road and Bradley Street.
- Nov. 23: Bullet holes were found in the front window of a home on Debra Avenue after police received a call shortly before 5 a.m. No injuries were reported.

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War museum sets knitting challenge

CHARITY

Donated items go to those in need across the country



Haley Ritchie
Metro | Ottawa

The sheer scale of volunteer work done during the First World War and the Second World War was a challenge to represent in the Canadian War Museum's new Women in War exhibition — so they decided to bring it to life.

One important role women played at home was to knit constantly to keep those on the front warm. The Canadian Red Cross estimates 750,000 volun-

teers knitted 50 million articles during the Second World War.

This year, the War Museum is inviting knitters to take part in a modern-day clothing drive.

"We're trying to call attention to those really amazing statistics and do it in a fun and creative way," said Sandra O'Quinn, the museum's education specialist.

The museum plans to fill a historic service wagon in

the lobby with donated goods — knitted socks, hats, mitts, scarves and other items.

They don't expect to match wartime output, but O'Quinn said it will be fun to compare. The museum will accept donated goods from across Canada until Jan. 3.

After the pieces are collected IODE Canada will be distributing the clothes to those in need around the country — the

50 million

The number of articles of clothing **750,000** volunteers knitted during the Second World War.
SOURCE: CANADIAN RED CROSS

same organization that helped do so 70 years ago. The project

is part "yarn bomb" art piece and part charity.

While the collection will be ongoing on Sunday, the museum will feature Awesome Yarn activities. Visitors can learn to spool knit, see historic patterns and visit the World War Museum exhibition.

Local artist Amanda Schwabe will also be on site, installing a custom-knit sweater on the service wagon's horse.



The heritage barn on Hazeldean Road in Stittsville. METRO FILE

STITTSVILLE

Village association wants barn to stay

The Stittsville Village Association (SVA) is opposed to any relocation of the heritage-designated barn at the Bradley/Craig farm on Hazeldean Road in Stittsville.

At its last monthly meeting, the SVA passed a motion expressing this opposition.

A letter outlining this opposition will be sent to the City of Ottawa. The city's Built Heritage Sub-Committee will be dealing with Richcraft Homes' proposed relocation of the building to Saunders Farm at Munster at a meeting on Dec. 10. The matter was deferred from a meeting earlier this month.

In asking for a motion opposing any relocation of the barn, SVA director Glen Gower said the barn on the south side of Hazeldean Road is an important landmark in the Stittsville community.

He said that as far as is known, the barn is structurally sound and is suitable for some adaptive use which could be part of the commercial development that is planned in the area of the barn.

He said a purchaser of such a property as this site with its heritage-designated barn and farm house should be aware of such a heritage limitation on the site, similar to a situation where the site might contain a wetland.

Gower said that preserving the barn in its current location goes to the question of what kind of community Stittsville residents want. He said residents have to stand up to developers and let them know that people in Stittsville care about the community's history and its landmarks, such as this barn.

JOHN CURRY/METROLAND MEDIA

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WIND

GREY CUP

City council to sport their support for Redblacks

Ottawa Mayor Jim Watson emailed council Tuesday with a wardrobe suggestion everyone should be able to get behind.

"The Ottawa Redblacks have made us proud all season and after a thrilling East Division Final, our home team will play for the

Grey Cup on Sunday," he wrote. "To show our support, I encourage you all to wear your Redblacks gear — or the team's colours — to tomorrow's council meeting."

The Redblacks play the Edmonton Eskimos in Winnipeg on Sunday in the 103rd Grey Cup.

METRO

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'We were one of the lucky ones'

As the country prepares to welcome thousands of Syrian refugees, a Metro editor recalls how her family built a happy life in Canada after escaping a war zone

Melita Kuburas
Metro | Canada



We were one of the lucky ones, and it's not something we took for granted.

For years I've treasured this clipped-out newspaper photograph of my family taken just moments after we arrived in Canada. My dad, at the age of 35, only three years older than I am now, has his right arm curled protectively around me and my little brother, nine and five years old at the time.

In the photo he looks like someone anticipating a better life, one he would grant us.

He had just been released from concentration camp at Manjaca in northwestern Bosnia and Herzegovina, where he was imprisoned for six months. Starved, beaten, kept from his family for nothing more than being Muslim.

Yesterday, Prime Minister Justin Trudeau's government announced details about its ambitious plan to resettle 25,000 Syrian refugees over the next three months. Many have criticized the haste — why the rush? they ask. As if any mother and child deserve to spend another night in a tent on a dirt floor.

A softening of the Liberals' initial promise is disappointing, but at least there's a commitment to welcome newcomers with urgency. There's so much desperation in the camps abroad. Perhaps a family's name is on an immigration list, but it's a promise that can be yanked away at any moment. In my family's case, the offer to come to Canada was unreal until the moment we landed here, when aspirations became concrete.

The question for me, then, isn't why the rush, but is there good enough reason to make them wait?

We were among 46 government-assisted refugees who arrived from the former Yugoslavia that day, Jan. 24, 1993, and many more would follow — almost 16,000 over the next four years, who, like us, didn't have a home to go back to. The breakup of the socialist union led to a fight over Bosnian territory, turning into a bloody war that gained notoriety for "ethnic cleansing." It ended with more than 100,000 deaths, over a third of them civilians.

"Too generous."

These words are used to describe Canada's refugee policy on the Letters page in The Star on Nov. 8, 1993. They are echoed by critics this week in the comments section on any story about incoming Syrians.

Welcoming refugees is very generous of Canada, and of Canadians, but I can assure you: refugees are not freeloading. They are not "collecting cheques" and living lavishly. In fact, I recognize now in our first few years here what I failed to see back then — poverty.

We lived in temporary housing, a motel, for about a month in Toronto after arriving. Then we rented a two-bedroom apartment in Mississauga, the size that suited our four-person family for about a decade, until we were finally able to buy a two-storey house in Oakville.

Much of our apartment in those early years was furnished by items placed curbside by neighbours on garbage day. ("Do you have to write that in your

“

Welcoming refugees is very generous of Canada, and of Canadians, but I can assure you: refugees are not freeloading.

article?" my mother asks now.)

I remember her washing other people's carpets on our balcony, which were afterwards laid out on our floors.

My brother and I played Nintendo on a wooden-encased TV set that had a Lazy Bones remote — a discarded 1950s relic, I presume.

There was a No Frills at the plaza just around the corner from our building, but if milk happened to be on sale at Knob Hill Farms, an old supermarket chain at the discount mall across town, my parents would bike there to shop. The savings would have been negated by bus fare, so they biked 25 minutes each way to make it worthwhile.

I smile at this story now whenever I stop at Whole Foods because it's on my way home from work.

Their bicycles were also salvaged from the scrapheap. My dad would come to pick me up at school with his, until I sheepishly asked him if next

Bosnian refugee tells of odyssey to freedom

By Allan Thompson
TORONTO STAR

For Senad Kuburas and his wife, Edina, the journey through darkness began just before dawn May 31, when the Serbs started shelling their little village of Diljani in northern Bosnia.

"The shelling lasted for two hours. Those who weren't killed fled to a bush on the edge of town," Kuburas, a Muslim ship-sweeper, recounted yesterday through an interpreter.

Kuburas and his family were among 46 Bosnian refugees to arrive at Pearson International Airport last night to begin new lives in Mate. Through a special program announced last November, Canada accepted 500 refugees from the former Yugoslavia, men who spent months in Serbian detention camps before being reunited with their families for the Red Cross.

Senad and Edina Kuburas are in Toronto now. With the children, they will spend the next three weeks in an Immigration Canada reception home to begin integrating into Canadian society. Counsellors from the Immigration department — as well as local Bosnian relief agencies — will help.

The new life in Canada has ahead, but last night their thoughts were still in Diljani.

"The same day as the shelling, the Serbs went around with loudspeakers, telling all Muslims to give up their weapons. We didn't even open a window, and they shot and killed that day."



A NEW LIFE: Senad Kuburas, with daughter Melita and son Meldon, hopes to find a job soon in Canada. Kuburas spent months in a Serb-run camp in Bosnia.

A page from the Toronto Star, published on Jan. 25, 1993, shows a young Melita Kuburas and her family arriving at Pearson Airport as government-assisted refugees from the former Yugoslavia. CONTRIBUTED

From the archives ...

The following are excerpts from the original story about the Kuburas family's tribulations in the former Yugoslavia, as well as their arrival in Canada — published Jan. 25, 1993, in the Toronto Star:

"I was taken to a place where they asked me what I owned, then sent me home," (Senad) Kuburas said. "But a week later they came back, came to my house saying they had an order to search."

"They pushed my wife and children into the corner of the room. A man with a shotgun pointed it at my father, and told me to hand

over all our money, our deutschmarks. I had only 150 and he didn't believe that was all I had. He put a gun to my daughter's head and said he would shoot her if I didn't give more money."

"He told me another group of soldiers was coming, and that they were going to kill me. I panicked, sent my wife and kids to the neighbour's house."

"Then the soldiers came and knocked on my door. They told me to come out. We came out, me and my old father. They said, 'Leave the old man here.'"

Kuburas said he never saw his father again.

Kuburas spent two months in the camp, along with hundreds of other men, enduring daily beatings, consuming mostly bread and water, watching friends die, beaten to death.

"The Red Cross asked us if we wanted to go from the camps. We'd heard so much about Canada. Canada was taking people with families," he said.

"We were told Canada is a big country, only 27 million people, so it still needs population there."

learning a language, getting a job, trying to fit in at school — were welcome ones. Integration comes quickly, and it did for us.

Like most government-sponsored refugees, we had to refund the cost of our trip to Canada and initial startup expenses, taking on a debt of \$3,000 right upon arrival. My dad sees that as fair: "It offered someone else a turn to come here."

Melita encourages readers to contact her directly at:
melita.kuburas@metronews.ca



Former Toronto Star reporter Allan Thompson. CONTRIBUTED

Journey through history

I was on my laptop last Wednesday, sharing a column about the prospect of welcoming Syrian refugees in Canada's small towns, when an email message landed out of the blue.

Melita Kuburas, an editor at Metro Toronto, was getting in touch to ask about a story I'd written for the Toronto Star more than two decades earlier about another refugee influx. Then, it was hundreds of refugees from war-torn Bosnia, looking to make a new life in Canada.

"You interviewed my father on the day we landed in Canada," she wrote.

I remembered the assignment in an instant. It was late in the day on Sunday, Jan. 24, 1993, when I took a cab to Pearson airport to meet with refugees from Bosnia who were arriving in Toronto to start over.

Melita and her brother were just little kids then, cowering beside their dad, Senad Kuburas, when he recounted through an interpreter the family's horrific experiences in the Bosnian war. Looking back now, it seems the Canadian instinct to open our arms to refugees from a Muslim community in Bosnia was somehow more second nature then.

ALLAN THOMPSON



I've always wanted to meet the original story's photographer, Rick Eglinton. Not only did he record a life-changing moment for us, he also captured a certain dignity in my father's face.

EXCERPT: MELITA KUBURAS
PHOTO: LIZ BEDDALL/METRO

Liberals push back refugee goal

★ SYRIAN REFUGEES IN CANADA ★

Exit visas and preparing cities cited as delay factors

The Liberals will miss their self-imposed deadline to resettle 25,000 refugees by the end of the year, instead pledging to meet the target by the end of February 2016.

The government will also count privately sponsored refugees against the total goal of 25,000 people, as well as any Syrian refugee who has arrived in Canada since Nov. 1. The government expects 10,000 will be privately sponsored — 40 per cent of its goal.

Officials cite several challenges, including getting exit visas from host countries and ensuring Canadian communities are able to accommodate the refugees, as factors for pushing back the deadline.

In a media briefing today, officials said the government still intends to get the refugees to Canada as quickly as possible, but conceded that 15,000 are expected to have to wait until the first weeks of the new year.

"Yes, we want to bring them fast, but we also want to do it



Left to right: Health Minister Jane Philpott, John McCallum, Minister of Immigration, Refugees and Citizenship, and Defence Minister Harjit Sajjan announce Canada's plan to resettle 25,000 Syrian refugees Tuesday. SEAN KILPATRICK/THE CANADIAN PRESS

right," said John McCallum, Minister of Immigration, Refugees and Citizenship, speaking at a press conference Tuesday.

McCallum said Canadians will welcome refugees "with a smile, but a smile alone is not sufficient."

He said the delay would allow more time to ensure homes and

language training for refugees would be in place when they arrive. The overall plan is expected to cost as much as \$687 million over six years, with the bulk of the money spent in the first two years.

Some departments involved in the resettlement project will be asked to absorb the costs, but offi-

cials say most will be new money.

The refugees will be drawn from UNHCR camps in Jordan and Lebanon, as well as refugees registered with the government of Turkey. Especially vulnerable groups — families, women at risk, and LGBT refugees — will be prioritized. Single men accompanying their parents can

also be admitted.

The refugees will be subject to extensive security and health screening at multiple stages on their journey to Canada.

The first layer includes registration with the UNHCR or the Turkish government, followed by interviews, biometric and biographical data collection, and

5

The number of phases for the plan: Identification, processing, transportation, arrival, integration.

\$687M

The overall cost of the plan over six years, with the bulk to be spent the first two years.

500

The number of federal personnel — including Canadian Forces members — being deployed overseas to aid in the processing of refugees.

checks against public safety databases in Canada and the United States.

As many as 500 federal personnel — including Canadian Forces members — are being deployed overseas to aid in the processing.

COSTS

Privately sponsoring Syrian refugees a collaborative effort

If you want to become a refugee sponsor, here are the steps you need to take.

WHO CAN SPONSOR A REFUGEE?

Canadians can volunteer to support an individual or a family for one year. You can collaborate with friends, neighbours, colleagues, professional organizations and social clubs to commit the time and money required.

The website of Lifeline Syria, a refugee sponsorship group, recommends private sponsors join together in groups of five or more.

"You will need to work with others to share the tasks and support the refugee family to successfully settle here," the website states.

The Canadian government has temporarily exempted Syrian and

BACKGROUND

Privately sponsored refugees will form around 40 per cent of the 25,000 people from Syria that the Liberal government plans to settle in Canada by February 2016.

Iraqi refugees from requiring

refugee status before a group of five private sponsors can submit an application. In 1979, after the Vietnam War, 7,000 Canadian faith and community groups privately sponsored a total of 29,269 refugees, thanks to a grassroots Toronto-based operation known as Operation Lifeline.

This number was out of a total of about 60,000 Indochinese eventually resettled in Canada.

COSTS, IN TIME AND MONEY

Government estimates place the cost of settling an individual refugee today at around \$12,000. A family of four will need about \$25,000.

Speaking to the Star in September, Lifeline Syria chair Ratna Omidvar said she thought the estimates are conservative considering what the cost of living in the GTA amounts to. The or-

ganization's website puts the cost of housing a family of four at closer to \$27,000.

But Omidvar said the money rarely becomes a problem.

"People fixate on the money," she said.

"Yes, you have to raise it, but that's not difficult. You have to commit the time. That is the real commitment from private sponsors." TORSTAR NEWS SERVICE

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HAMILTON, ONT.

Dying wish granted: Hospital allows pets

Patients at a Hamilton, Ont., hospital can spend time with pets thanks to a unique initiative prompted by a woman's promise to her dying nephew.

Zachary's Paws for Healing was launched by Donna Jenkins and named for her nephew, who died last year after being diagnosed with Hodgkin's lymphoma.

Zachary Noble longed for a visit from his dog while at Juravinski Hospital and was allowed one with the help of his medical team. Before he died, Noble made his aunt, his caregiver, promise she'd work with the hospital to establish a program for companion pet visits.

"If it wasn't for the insight of that young man who was 25 years old and autistic to empathize with the other patients around him, this may have never happened," Jenkins said.

Many hospitals, including Juravinski, already have policies on pet visits, but the requirements are so arduous that they often aren't pursued, said Jenkins. That's where her organiza-



Grace Campbell and Cuddles at Juravinski Hospital. COURTESY THE HAMILTON SPECTATOR

tion comes in: "We do all the leg work, we do all the paperwork, we do all the contacting for the families."

After her nephew's death, Jenkins worked with a committee at the Juravinski Hospital to develop the program. It launched in September, initially only providing pet visits to patients in certain intensive and long-term care units. Two weeks ago, however, the program expanded to the entire hospital. THE CANADIAN PRESS

IN BRIEF

Woman planning human-rights case against UBC

Glynnis Kirchmeier is planning to launch a human-rights case against the University of British Columbia. She said UBC lacks a policy for handling sexual-assault reports and that it took a year and a half to act on six complaints about a PhD student.

THE CANADIAN PRESS

Alberta MLA died after trying to help motorist

Manmeet Bhullar, 35, died in hospital after he was struck by a semi while helping a motorist whose car had flipped on the Queen Elizabeth II Highway north of Red Deer, Alta. Premier Rachel Notley, speaking from Ottawa, says she is deeply saddened by Bhullar's death. THE CANADIAN PRESS

Quebec construction deeply corrupt: Probe

CHARBONNEAU REPORT

Hells Angels, Mafia problem far-reaching

The infiltration of organized crime groups into Quebec's construction industry is far worse than originally feared, Superior Court Justice France Charbonneau said Tuesday as she released her much-awaited report.

"This investigation confirmed that there was a real problem in Quebec and that it was far more widespread than we originally believed," Charbonneau said.

She said that the Mafia and Hells Angels worked their way deep into the industry, gaining access to public and private contracts and worker's pension funds.

"A culture of impunity developed," Charbonneau said, reading from a prepared statement.

The commission heard of bribes, kickbacks, assaults and even murder.

She praised the courage of some of the 300 witnesses who testified since the inquiry began hearing testimony in September 2012.

"Contractors revealed that they were the victims of threats, intimidation and assault," she said. "Their testimony took us to the heart of our mandate."

Charbonneau also sounded a hopeful note, and said that one of the five volumes of her report contains 60 recommendations on how to clean up the



Contractors revealed that they were the victims of threats, intimidation and assault ... their testimony took us to the heart of our mandate. France Charbonneau



Superior Court Justice France Charbonneau PAUL CHIASSON/HE CANADIAN PRESS

ber 2012.

"Contractors revealed that they were the victims of threats, intimidation and assault," she said. "Their testimony took us to the heart of our mandate."

Charbonneau also sounded a hopeful note, and said that one of the five volumes of her report contains 60 recommendations on how to clean up the

construction industry.

"This report tries to address the problems with concrete solutions," she said.

One key recommendation in the 1,600-page report is to set up an independent committee to decide on the awarding of government contracts.

Another recommendation is for better whistleblower protection.

"Whistle-blowing must not be seen as an act of betrayal," she said.

She noted that New York State has a False Claims Act, which makes companies and individuals liable for defrauding

the government.

The report was posted online Wednesday. Some of the testimony won't be made public because of publication bans, Charbonneau said. She did not take questions after delivering the prepared statement.

Charbonneau and her co-commissioner, former Quebec auditor general Renaud Lachance, did not have the power to assign guilt.

They were allowed to assign "blame" to companies and individuals in their examination of systemic corruption in the province's building industry.

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STATE OF EMERGENCY

Blast in Tunisia kills 12

Tunisia's president declared a 30-day state of emergency across the country and imposed an overnight curfew for the capital after an explosion Tuesday struck a bus carrying members of the presidential guard, killing at least 12 people and wounding 20 others.

The government described it as a terrorist attack. The blast on a tree-lined avenue in the heart of Tunis is a new blow to a country that is seen as a model for the region but has struggled against Islamic extremist violence. Radical gunmen staged two attacks earlier this year that killed 60 people, devastated the tourism industry and rattled this young democracy.

No one immediately claimed responsibility for the attack against the presidential guard.

President Beji Caid Essebsi, who wasn't in the bus at the time, declared the state of emergency and curfew on the Tunis region.

"I want to reassure the Tunisian people that we will vanquish terrorism," he said.

THE ASSOCIATED PRESS

CONFLICT

France and U.S. to step up airstrikes against ISIL

President Barack Obama and French President Francois Hollande vowed Tuesday to escalate airstrikes against the Islamic State of Iraq and the Levant (ISIL) and bolster intelligence sharing following the deadly Paris attacks. They called on Russia to join the international efforts, but only if Moscow ends its support for Syria's president. "Russia is the outlier," Obama said.

THE ASSOCIATED PRESS

Paris attackers planned second suicide bombing

Paris Business district next target, says prosecutor

The man believed to have planned the Nov. 13 Paris attacks that killed 130 people and wounded hundreds more had likely planned to carry out another suicide bombing days later in the French capital's business district, the Paris prosecutor said Tuesday.

Abdelhamid Abaaoud and an accomplice are believed to have been planning to attack La Defence on Nov. 18 or 19, Paris prosecutor Francois Molins said.

Abaaoud was among three people killed during a police raid on an apartment in a northern

Paris suburb in the early hours of Nov. 18. His female cousin, Hasna Ait Boulahcen, died of asphyxia apparently from the explosive vest detonated by a third person, who hasn't been identified, the prosecutor said. The explosion led to part of the apartment collapsing.

Molins said the unidentified third person is believed to have been the accomplice with whom Abaaoud would have carried out an attack on La Defence, the high-rise district that is headquarters to major companies on the western edge of Paris.

The prosecutor said he "can't be, and doesn't want to be more precise" on the details suggesting such an attack had been planned. Information obtained on Nov. 19 suggested "that the two attackers — Abaaoud and the man we found by his side in the apartment — were planning an attack consisting of blowing themselves up at La Defence either on Wed-



A soldier patrols at the Christmas market along the Champs Elysees avenue in Paris.

MICHEL EULER/THE ASSOCIATED PRESS

nesday the 18th or Thursday the 19th," Molins said.

The Nov. 13 attacks in Paris, claimed by the Islamic State of Iraq and the Levant (ISIL), targeted people enjoying a Friday night out at a packed concert hall, a restaurant terrace, a cafe and a friendly soccer match between France and Germany.

In the hours after the killings, Abaaoud is believed to have returned to the sites of at least some of the attacks, including the Bataclan concert hall, even while special police forces were still there.

"The geolocalization of Abdelhamid Abaaoud's alleged phone between 22:28 p.m. and 0:28

confirms a presence in the 12th, 11th, and 10th districts, and notably near the Bataclan concert hall," Molins said. "This allows us to think that Abdelhamid Abaaoud returns to the crime scenes following the attacks ... while (special police) were still taking action at the Bataclan."

THE ASSOCIATED PRESS

The two ... were planning an attack consisting of blowing themselves up at La Defence either on Wednesday the 18th or Thursday the 19th.

Francois Molins, Paris prosecutor

GLOBAL INCIDENT

Putin denounces plane attack as 'stab in the back'

Turkey shot down a Russian warplane on Tuesday that it said ignored repeated warnings and crossed into its airspace from Syria, killing at least one of the two pilots in a long-feared escalation in tensions between Russia and NATO. Russian President

Vladimir Putin denounced what he called a "stab in the back" and warned of "significant consequences."

The shoot down — the first time in half a century that a NATO member has downed a Russian plane — prompted an emergency meeting of

the alliance. The incident highlighted the chaotic complexity of Syria's civil war, where multiple groups with clashing alliances are fighting on the ground and the sky is crowded with aircraft bombing various targets.

THE ASSOCIATED PRESS



A Russian Su-24 takes off on a combat mission at Hemeimeem airbase in Syria. THE ASSOCIATED PRESS FILE

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Seven dead in hotel attack

EGYPT

ISIL in Sinai takes credit for fatal car bombing

A brazen militant attack involving a suicide car bombing and claimed by the Islamic State group targeted a hotel in Egypt's restive northern Sinai region on Tuesday, killing seven people, including two judges, the state MENA news agency said.

The attack on the Swiss Inn hotel in the coastal city of El-Arish was the latest violence convulsing the troubled peninsula, where Egyptian troops are struggling to put down an Islamic insurgency. The attack was quickly claimed by the Islamic State's affiliate based in Sinai.

The assault came a day after Egypt held the second round of parliamentary elections. Judges who supervised the vote in Sinai were staying in the heavily guarded hotel.



Emergency personnel and security forces stand next to ambulances outside the Swiss Inn hotel in the Egyptian town of El-Arish, in the Sinai peninsula, following an attack on the hotel by two suicide bombers and a gunman Tuesday. AFP/GETTY IMAGES

MENA's report said four policemen and a civilian were also among the seven killed, and that at least 10 people were wounded. The agency cited an unnamed

security official as it often does.

The Sinai branch of the Islamic State claimed responsibility for the attack in a statement posted by sympathizers on social media

accounts. It said the attack was carried out by two militants: the suicide car bomber and a gunman, who is alleged to have opened fire inside the hotel be-

+ CONTEXT

A history of violence

Egypt has been battling militants in Sinai for years, but their insurgency has gained steam since the ouster in 2013 of the Islamist Mohammed Morsi, Egypt's first freely elected president. His ouster by the military was led by then-defence minister Abdel-Fattah el-Sissi, who last year was elected president.

THE ASSOCIATED PRESS

fore blowing himself up.

The group also posted pictures of the two attackers and identified them as Abu Hamza al-Muhajer and Abu Wadhaa al-Muhajer. Al-Muhajer means migrant in Arabic and is used by militant groups to refer to foreign fighters, an indication that they could have been from outside Egypt.

THE ASSOCIATED PRESS

IN BRIEF

Suicide car bomb outside Libyan capital kills five

A security official with Libya's Islamist government says a suicide car bombing struck a checkpoint in Msallata, a town south-east of Tripoli. He says the explosion killed five militia fighters and wounded 17 people, 10 of them critically. Libya has been in turmoil following the toppling and killing of longtime dictator Moammar Gadhafi.

THE ASSOCIATED PRESS

Three dead, 16 captured as Taliban downs helicopter

Taliban insurgents on Tuesday ambushed a military-contracted helicopter that made an emergency landing in Faryab province in northwestern Afghanistan, killing three people in a shootout and capturing 16 others who were on board, Afghan officials said.

An army officer in Faryab said anonymously that the civilian aircraft had been contracted to transport army personnel.

THE ASSOCIATED PRESS

Syrian refugee ban unconstitutional: ACLU

A lawsuit challenging the Indiana governor's decision to stop state agencies from helping resettle Syrian refugees alleges that the action wrongly targets the refugees based on their nationality and violates the U.S. Constitution and federal law.

The American Civil Liberties Union of Indiana filed the federal lawsuit Monday night.

THE ASSOCIATED PRESS

ISRAEL

U.S. refuses to recognize settlements

A new spat emerged between the Israeli government and Washington over Jewish settlements on Tuesday, as U.S. Secretary of State John Kerry visited Israel and the West Bank for the first time in more than a year.

As Kerry set aside his goal of a long-sought peace accord to make way for more modest

hopes of an end to two months of deadly violence, Israeli Prime Minister Benjamin Netanyahu called for the recognition of some existing settlement blocs in exchange for steps to ease tensions with the Palestinians.

In Washington, the State Department quickly rejected any suggestion the U.S. would alter its longstanding opposition to

settlements or recognize them as legitimate outside of a peace agreement.

There were no signs that Kerry made headway in easing tensions during his meetings with Netanyahu and Palestinian President Mahmoud Abbas.

Alongside Netanyahu, Kerry noted Israel's obligation to defend itself from "attacks in the

streets with knives, with scissors, with cars." When he met Israeli President Reuven Rivlin, he said the shootings and stabbings were a "challenge to all civilized people."

None of the leaders themselves offered any encouragement that peace might be possible right now.

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U.S. Secretary of State John Kerry JACQUELYN MARTIN/THE ASSOCIATED PRESS



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IN BRIEF

Not enough grads have the right skills: CIBC head

Canada's post-secondary institutions are not producing enough graduates with the right skills to drive future economic growth, CIBC's CEO said. Victor Dodig said Tuesday the country lags among its international peers when it comes to teaching disciplines that are increasingly important for innovation, such as math, science, and engineering. THE CANADIAN PRESS

Emails reveal Coke's role in anti-obesity group

A non-profit founded to combat obesity says the \$1.5 million it received from Coke has no influence on its work.

But emails The Associated Press obtained reveal Coca-Cola Co. helped pick the Global Energy Balance Network's leaders, edited its mission statement and suggested articles and videos for its website. THE ASSOCIATED PRESS

General Mills sets goal to buy only cage-free eggs

General Mills has set a deadline for its conversion to all cage-free eggs by 2025.

Its brands include Pillsbury, Yoplait, and Betty Crocker. THE ASSOCIATED PRESS

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People shop in a nearly empty arcade in the centre of Brussels on Monday. The lockdown imposed on the Belgian capital includes its subways and schools, which are to re-open Wednesday. VIRGINIA MAYO/THE ASSOCIATED PRESS

Brussels lockdown hits businesses hard

SECURITY ALERT

Some owners say measures too dramatic, cut into profits

Belgium may be famed for its beer and chocolate, but the lockdown imposed on the capital because of the highest-level security alert is leaving a bad taste for many businesses.

While few doubt the government's need to protect the public from a Paris-style attack — which officials have

warned is a "serious and imminent" threat in Brussels — some shop owners say the attempts to shut down the city are too drastic.

Many shopping centres have been largely deserted since the threat alert was imposed Saturday.

"It's not a very good decision," Esther Willems, assistant manager at the Galler chocolate shop in Brussels' city centre, said of the lockdown in the capital. "In the last two days, we have only had about 10-11 clients." Normally, they would have around 100.

With many shops closed in



It's not like terrorists are just walking around the streets here.

Esther Willems

downtown Brussels, Rachel Van der Veken's Maxi-Bagi café sandwich shop was one of the few still open.

"If I stay at home and accept this situation, it's like I accept what the terrorists are saying," she said.

Still, Van der Veken said she had zero customers on Saturday. Since then, her normal takings have been cut in half but she acknowledged it was impossible to say whether Belgian officials are overreacting.

"You can never say it's too high a cost because you have to protect your people, but why didn't they act before Paris? They knew there was always this threat."

The Belgian government says the threat alert will remain in place until Monday unless there is a significant development.

THE ASSOCIATED PRESS

WATER

UAE in danger of drying up

While skyscrapers and gleaming towers rose with lightning speed across the United Arab Emirates over the past two decades, the Gulf nation's thirst for water grew at an enormous rate — so much so that today, it threatens to dry up all of the country's groundwater in as little as 15 years, experts say.

To quench that demand, cities across the seven emirates that make up the UAE rely on desalinated seawater to supply 98 per cent of their drinking water, but that comes with a huge environmental and fiscal cost. Now, officials are looking at new technologies to cover that demand, while acknowledging the risks ahead.

"In our region, water is more important than oil," said Ahmad Belhouli, CEO of Masdar, the Abu Dhabi government's clean-energy company. "We're trying to find solutions to address that."

While the Emirates rose on its oil wealth, the riches spurred the development that strains the water supply in this desert nation. An academic paper published earlier this year by scientists at the United Arab Emirates University in Al Ain, suggested the country's entire supply of groundwater could be gone by 2030.

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A desalination test facility in Abu Dhabi. THE ASSOCIATED PRESS

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THE QUESTION

I recently got into a cab that was filthy dirty. It reeked. When I got out, I reeked. Should I have said something to the driver?

Dear Ellen,

I recently got into a cab that was filthy dirty. It reeked. When I got out, I reeked. Should I have said something to the driver?

Katie in Ottawa

Dear Katie,

When it comes to being on someone else's turf, or inviting someone on to yours, there can be a fine line between polite behaviour and being a doormat.

Take the dinner party, for example. Should I tell a guest to stop talking with his mouth full and stuff my napkin in his gob the next time he laugh-spits half-chewed pasta particles onto my spectacles? Never. As a gracious hostess, I must smile through bits of flying food as if this masticating monster is the most charming man who ever graced my table. Then, if forced to invite him again, I would simply seat him far away, in the section reserved for drunken slobs and boring egomaniacs. Since all these specimens are completely oblivious of everyone else, and therefore immune to the kind of torture each one of them inflicts, I consider this to be a fair and tactful solution for all concerned.

Similarly, if you're invited to someone else's home, and it's a filthy, stinking mess, you have no choice but to choke down whatever is on offer, and then check yourself in for medical

tests the next day if you're not feeling well.

None of this hostess-guest etiquette, however, applies to taxicabs, or restaurants, or any other transactional business where you are paying good money for a product or service, and your peace of mind, and, possibly, health, are at risk.

With a filthy taxicab, you have several options.

- Back away from the car, with or without an explanation ("I just remembered, I'm allergic to vinyl").
- Decline the service with an honest explanation: "Your cab is dirty and smells terrible. I think I'll

wait for another one."

- Get into the cab if you can't wait for another one, and suffer in silence.

- Get into the cab and decline to tip when you reach your destination, though in this case, you do owe an explanation: "I'm sorry, but the state of your cab doesn't warrant a tip."

If the cab is actually a health hazard, or you need to redirect it to the nearest dry cleaner in order to get the smell off your clothes, you should not only say something, you should snap a pic of the operating licence and make a complaint, either to the taxi company or your city's licensing body, or both.



Ani Castillo

If the driver of your rolling garbage dump is an owner who wants to stay in business, they need to up their game.

metroview

Men are also victims of war. They need our protection.



Genna Buck
Metro | Toronto

Canada's decision to limit the Syrian refugees we're accepting to women, children and families for now (no unaccompanied men) makes me so angry. It's unfair. It's blind to the realities of war. And it might even aid ISIL.

To begin to see this issue clearly, we first need to ditch the dehumanizing language.

"Unaccompanied" sounds ominous. A one-man sleeper cell. How about "alone"?

Alone, because his entire family is among the quarter-million who've perished in the conflict. Alone, because he got separated from relatives and friends. Alone, because his loved ones are too sick or old or disabled to travel. War has a way of scattering people.

Syria's men and women both deserve protection: While women's bodily autonomy is often the first casualty of war, men's bodies are the weapons. President Bashar al-Assad's weapons. ISIL's weapons.

This is an uncommonly dirty war, with atrocities on all sides. It's nearly impossible for Syrian men to avoid being swept in — either conscripted into Assad's forces or lured, by intimidation or intoxicating rhetoric, into armed groups like ISIL.

We like to think people who kill innocents and perpetrate war crimes are alien and evil to the core, but history shows almost anyone can be pressed into doing almost anything in the right circumstances.

Just ask any of the millions of men who walk the streets of Kampala, of Sarajevo, of Bue-

nos Aires, and more, haunted every day by the ghosts of war. I lived for a few months in Rwanda, where hundreds of thousands of men wake up daily and face the fact that they once took machetes to dozens of their neighbours.

In another time and place, the young, able-bodied men in my life could be called to take up arms. My movie-buff friend. My 23-year-old fitness-fanatic brother. My cousin, forced to turn his rifle sights from ducks onto human beings. I'd do anything to spare him — to spare any of them — from that.

Toronto immigration lawyer Guidy Mamann told Metro that disqualifying young men is the only way to screen the promised number of refugees within the federal government's deadline (since extended by two months) and keep the security risk manageable. If we really don't have time to evaluate each case individually, maybe we do need to slow down.

Because when Citizenship and Immigration describes unaccompanied men as "security risks," they're really saying, "It doesn't matter who you are, it doesn't matter what your story is, we know enough about you to know you're dangerous."

Even if it's legal in this context, discriminating based on gender is not who we are. The Charter of Rights and Freedoms is Canada's vision for a just world. We should aspire to live up to it always, especially when no one is making us.

If, like me, you value peace as an end in itself, then pressure our leaders to welcome Syrian refugees who qualify to Canada, regardless of their gender or family status.

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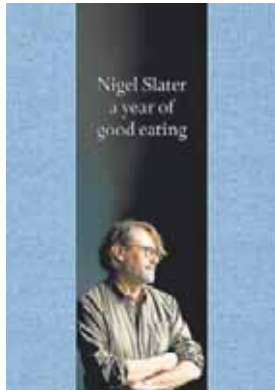
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BOOK EXCERPT A YEAR OF GOOD EATING BY NIGEL SLATER

Steak, Stilton and thyme pie



A Year of Good Eating is the third instalment of English food writer Nigel Slater's Kitchen Diaries series.

In this one, he looks at culinary delights over the course of a year through diary entries, stories and recipes.

The book contains more than 250 recipes. Here's one that is perfect for the holiday season.

The cut of beef is up to you. It gets a good couple of hours' cooking, so could be a cheaper cut such as shin, or one of the less expensive of the steaks, such as rump. Many butchers and supermarkets sell usefully ready-cubed meat especially for such recipes.

Ingredients

- Groundnut oil — a little
- Beef, cubed — 1kg
- Small shallots — 10
- Carrots — 300g
- A rib of celery
- Plain flour — 2 tablespoons
- Marsala — 200ml
- Beef stock — 1 litre
- Thyme — 8 sprigs

For the shortbread crust:

- Plain flour — 250g
- Butter — 75g
- Parsley — a large handful
- Stilton — 80g
- Thyme leaves — 1 teaspoon
- Egg yolks — 2
- Water, to mix

Directions

Warm a couple of tablespoons of oil in a deep casserole dish over a moderately high heat, add a third of the beef and brown on all sides, then remove and continue with the rest of the meat. By doing it in two or three batches you avoid crowding the pan, allowing the meat to brown more effectively.

Peel and halve the shallots, roughly chop the carrots, then add both to the pan, with a little more oil if need-



Food writer Nigel Slater also art directs his books.

ed, browning gently and evenly. Slice the celery into thin pieces and add to the pan, but don't let it brown.

Return the beef to the pan, together with any juices that may have escaped. Scatter over the flour, continue cooking for a minute or two, then pour in the Marsala and the beef stock and bring to the boil. Season with salt and pepper, tuck in the thyme

sprigs, then lower the heat and simmer, very gently, for almost two hours, till the beef is tender. Leave to cool a little whilst you make the crust.

For the crust: put the flour into a bowl, add the butter, then rub together until you have the texture of coarse, fresh breadcrumbs. Chop the parsley roughly. Add the crumbled Stilton, the chopped parsley and thyme

leaves to the flour and butter and rub gently to fine crumbs.

Mix in the egg yolks and enough water to make a soft but rollable dough. Set the oven at 200°C/Gas 6.

Cut the dough in half. Roll one half to the diameter of the casserole dish, then place on top of the beef. Cut a hole or small slit in the centre to let the steam out. Shape the other half into a 20cm disc,

place on a baking sheet, prick the surface with a fork, then score into six segments, as if you were slicing a cake.

Bake the pie and the separate crust for twenty-five to thirty minutes, till golden brown. (Keep an eye on the disc of crust — you may need to remove it before the pie is ready.) Serve the pie with wedges of the extra crust for those who want it. For four.

ALL PHOTOS CONTRIBUTED

RECIPE EXCERPTED WITH PERMISSION FROM A YEAR OF GOOD EATING: KITCHEN DIARIES III BY NIGEL SLATER, HARPERCOLLINS, \$44.99



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What does it mean when guys eat more?

WORD OF MOUTH

Men dominate eating contests, holiday-dinner extra helpings

Theresa Albert
For Metro Canada



Do you know that a man is more likely to overeat in the presence of women? The theory is that they do it to impress the opposite sex. According to a new study published in the *Journal of Evolutionary Psychological Science* at Cornell University, men consumed 92 per cent more when in the presence of women but not when in the presence of only other men. Women eat exactly the same regardless of who they were with. Here are some ways you can spot the phenomenon in action:

- The macho effect is at play when junk food companies introduce the next double



A study says that men eat 92 per cent more when in the presence of women. ISTOCK

down, super huge, extra bacon and uber deep fried "snack." It appeals to mostly young men who feel invincible and who can handle the calories

- Eating contests at state fairs, company picnics and on YouTube are overrepresented by males. Men tend to enter these contests more often, win these contests most often and attend or watch the caveman behaviour most often. (This calls into question the theory of them doing so to impress women...)
- The holiday table you are

about to enjoy. Take a casual look around at the heap on the plates in your life. Whose is higher? Who goes back for more?

In the never-ending quest for answers on the obesity front it is up to you to decide where this piece of the pie this information fits.

Theresa is an on-camera food and health expert, nutritionist and writer who loves to spread the word on food

FOOD BRIEF

Mancan wine gets skewered on the Internet
Mancan: It's wine. In a can. For a man.

Because sometimes, sidling up to a bar, asking for a Pinot Grigio, and holding a glass of wine by the stem while buddies are chugging back beer can be emasculating, an entrepreneur decided to put wine in a can and allow his fellow wine-loving homies to enjoy the taste of red fruits and tannins while grunting about sports.

The marketing gimmick has generated no small amount of buzz with some camps skewering the product:

- "This isn't wine in a can. This is #MasculinitySoFragile in a can."
- "Ac-

tually #ManCan, I'm quite OK with stemware. And my masculinity too." AFP



INTANGIBLE CULTURAL HERITAGE

N. Korea wins back pride in kimchi war



North Korea has applied to have its kimchi get the same official UNESCO status as its South Korean counterpart. ISTOCK

North Korea scored a major victory in the kimchi wars Monday when the UN all but elevated its pickled vegetables to the same lofty status as its southern neighbour's spicy capitalist cabbage.

Pyongyang suffered a blow to its prestige two years ago when South Korea's kimchi — a favourite dish made mostly from fermented cabbage — was added to UNESCO's prestigious list of the world's "intangible cultural heritage." Not to be outdone, the north is now on the brink of getting the same classification for its own communist kimchi.

The fiery, often strong-smelling foodstuff can provoke

equally strong emotions, with fierce rivalry between regions, communities and even families over whose kimchi is superior.

"Koreans share experience among themselves to make delicious kimchi according to season, while helping each other with raw materials and in preparation," UNESCO said as it confirmed the inclusion of the Democratic Republic of Korea's "red kimchi" on a list of nominations to be rubberstamped at a meeting next week in Namibia.

Seventeen other folk, dance, song and artisanal traditions are also set to receive UNESCO help and protection. AFP

JOHANNA SCHNELLER WHAT I'M WATCHING

Light from The Shadow

WARRIORS FROM THE NORTH, PASSIONATE EYE (CBC)

In this Danish documentary by Soren Steen Jespersen and Nasib Farah, a young man identified as The Shadow sits in a dim room, his face and voice obscured.

Calmly, he explains his reasons for joining Al-Shabab, the Islamic extremist group based in Somalia.

As the son of Somali immigrants to Denmark — allegedly one of the most socially enlightened places on earth — The Shadow spent his teenage years on the margins, doing drugs, getting into trouble, and seeing no prospects for himself.

"Nothing in my life made any sense," he says.

Then a group took him in, fed him, treated him seriously, talked to him about God. He realized, "I could become a warrior for Al-Shabab, or I could stay in Copenhagen and be a failure."

Anyone struggling to understand why so many people volunteer to kill themselves in what they see as holy war can find answers here.

After a childhood friend blew up a medical school graduation, Farah travelled to Somalia and back to Den-



Warriors From The North is an insightful look at what drives young people to join terrorist groups. It re-airs on CBC Television this Saturday night. CONTRIBUTED

mark, conducting interviews over four years.

His insider point of view sets this doc apart, as does its call for compassion.

The filmmakers believe western authorities should bring these young people back into society, rather than punish or alienate them further.

They contend that the West needs to admit its own failings: a study of seven European cities proves that Somali communities suffer the most isolation, the least employment, and the lowest rate of education.

You don't have to be Einstein to realize what comes out of that.

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BOOK EXCERPT GAME OF SCONES BY JAMMY LANNISTER

Oberyn's Smashing Surprise



Deliciously clever, witty and tasty, *Game of Scones: All Men Must Dine: A Parody* (HarperCollins) features a series of edible recipes inspired by some of the shocking events that took place during the first five seasons of the popular HBO series.

Enjoyed seeing Bran Stark being carried all over the place by Hodor? There is a muffin for you. Relished seeing Jaime Lannister's hand cut off? There is a jam-filled cookie you can bake — and then mutilate. Is Daenerys Targaryen your pick to take the Iron Throne? You can recreate her unsullied soldiers as ladyfinger biscuits, without nuts, obviously.

Who is behind these pun-filled confections? A superfan of the series, and of baking, who goes by the pen name of Jammy Lannister.

So — as the book asks — “Arya hungry?”

The following is a recipe for Oberyn's Smashing Surprise, a chocolate and jam treat inspired by the horrific scene where Oberyn Martell's head is crushed by The Mountain.

EXCERPT OF GAME OF SCONES: ALL MEN MUST DINE: A PARODY, BY JAMMY LANNISTER IS PRINTED WITH THE PERMISSION OF HARPERCOLLINS.



An explosion of chocolate and fruit that serves a gruesome reminder to always finish your dinner before walking away. **Feeds 8**

Ingredients

- 1 punnet fresh raspberries (Ed. note: a punnet is a small basket)
- 100g chocolate egg, about 12 cm tall
- 1 packet strawberry or raspberry jelly
- 100g butter, softened
- 175g icing sugar, sifted
- Black and red food colours
- A handful of cashew nuts

Directions

1. Cut the raspberries into mashed-brain-sized pieces.
2. Take the chocolate egg and, using a knife, cut a small hole in the top of the egg towards the back.
3. In a jug, make up the jelly as directed on the back of the packet and stir in the raspberries (you should have expected this recipe to be a little fruity), putting it aside to cool.
4. Meanwhile, beat the butter and

icing sugar together until fluffy. Keeping back a very small amount for the tongue, colour the butter cream with black food colour. Colour the remaining amount red.

Transfer the black icing to a piping bag fitted with a plain nozzle and add hair and features to the egg. Fill in the tongue with the red icing using the tip of a knife.

5. Crush the cashew nuts using a large knife and with leftover icing attach them to the mouth to look like teeth.

6. Once cooled and just beginning to set, carefully pour the jelly into the head and leave to set.

7. To serve, place your thumbs in the egg's eyes, allowing them to melt the chocolate a little before pushing through and crushing the egg to reveal the jelly inside.

8. As the chocolate face gives way beneath your hands, loudly confess to your hideous crimes and watch as your guests quietly make towards the door.

LIQUID ASSETS

Softer spicy Jäger gets the nog

Peter Rockwell
For Metro Canada



When you're in the booze business the temptation to not leave well enough alone can be nearly impossible to ignore.

In recent years, both liqueur and mainstream spirit companies, eyeing the success of flavoured vodka, have taken to adding just about anything to their classic recipes to stay relevant.

With its syrupy blend of 56 herbs, blossoms, roots and fruits, Germany's Jägermeister has re-

mained one of the last liqueurs without a spinoff. That is, until now.

Jägermeister Spice (\$23.98-\$32.25) is a limited edition out for the holidays that “newly arranges” the original version's components, while adding cinnamon and vanilla to the mix.

At 25 per cent alcohol by volume (10 per cent less than the original), it's a softer, gentler Jäger that's meant to be sipped at room temperature rather



er than shot ice cold like its bigger brother.

Its eclectic spiciness makes a great addition to eggnog, though adding a splash of dark rum or American whisky as well will make your season brighter.

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RECIPE CHEDDAR CHEESE RISOTTO

Serves 4 to 6

Prep time: About 35 minutes,
plus drying and resting
Cooking time: About 1 hour

Bacon Powder

- 4 slices thick-cut bacon, chopped into small pieces

Apple Garnish

- 2 Gala or similar firm, sweet apples, peeled, cored, and julienned (reserve the apple peelings)
- 2 Tbsp fresh lemon juice
- 1 cup grenadine
- 1/2 cup apple cider vinegar
- 1/4 cup packed brown sugar

Glazed Onions

- 2 Tbsp unsalted butter
- 2 cups peeled pearl onions
- 3 Tbsp hard cider

Risotto

- 2 Tbsp olive oil
- 1 cup minced onions
- 2 cups arborio rice
- 3 cups dry white wine
- 4 oz Wisconsin cheddar cheese, shredded (about 1 cup)
- 2 oz mascarpone (about 1/4 cup)
- Salt and coarsely ground black pepper
- 1 bunch chives, finely chopped, for garnish

1. For the bacon powder, in a small frying pan, slowly cook the bacon over medium-low heat. Spoon the fat off and discard as the bacon cooks. When the bacon browns, use a slotted spoon to transfer the bacon to a fine-mesh sieve or chinois to drain a little more. Spread the bacon pieces on paper towels and allow the bacon to air-dry for 2 to 3 hours.

2. Grind the bacon pieces in a spice or coffee grinder. Spread the powder on paper towels and let it air-dry for at least 6 hours. The powder can be made up to 2 days ahead and stored in a lidded



container at room temperature until ready to use.

3. For the apple garnish, in a small bowl, toss the julienned apples with the lemon juice. Add some cold water to cover the apples and set aside for up to 4 hours.

4. In a small saucepan, combine the grenadine, vinegar, and brown sugar with the reserved apple peelings. Bring to a boil over medium-high heat, reduce the heat, and simmer for about 5 minutes, or until the syrup has reduced to the consistency of honey. Transfer the syrup to a blender and puree until smooth. Set aside until needed.

5. For the glazed onions, in a large sauté pan, melt the butter over medium-high heat. When hot, cook the pearl onions for about 15 minutes, or until browned and tender.

6. Add the hard cider, reduce the heat to medium, and cook for about 30 minutes longer, or until the onions are cooked through. Lift the onions from the cooking liquid and set aside, covered to keep warm, until needed.

7. For the risotto, in a large sauce-

pan, bring about 3 cups of water to a boil. Reduce the heat so that it's barely simmering but is very hot.

8. In a large, deep pot, heat the oil over medium-high heat and sauté the minced onions for 4 to 5 minutes, or until translucent. Add the rice and stir with a wooden spoon to mix well with the onions. Cook for 5 minutes longer.

9. Reduce the heat to medium-low and add 1 cup of the wine, stirring the rice and wine continuously with the wooden spoon. When the first cup of wine has been absorbed by the rice, add another cup. Stir the rice and wine, and add the final cup of wine when the rice has absorbed the second cup. As you stir, the rice will release its natural starches, which help absorb the liquid.

10. Begin adding the hot water in 1/4-cup increments, stirring all the while. When you have added about 1 cup of the hot water, start tasting the rice and when it's al dente and has a little toothiness, stop adding water. This entire process should take about 20 minutes. Keep the hot water on the stove.

11. Add the cheddar and mascarpone to the hot risotto. Stir to allow the cheese to melt into the rice. Gently stir in the glazed onions. Season with salt and pepper. (Make sure you use enough pepper, which helps cut through the flavors of the dish.)

12. Divide the risotto among four to six serving plates or shallow bowls. Drain and pat dry the julienned apples and garnish each serving with the apples, chives, and bacon powder. Spoon the pureed apple peelings around the outside of the dish.

EXCERPT OF COOKING LIKE A MASTER CHEF: 100 RECIPES TO MAKE THE EVERYDAY EXTRAORDINARY, BY GRAHAM ELLIOT IS PRINTED WITH THE PERMISSION OF ATRIA BOOKS.

Kitchen trials of a MasterChef judge



Graham Elliot lost an impressive amount of weight since undergoing a gastrectomy and changing his approach to eating. CONTRIBUTED

MASTERCHEF

Weight loss altered how Elliot prepares everyday meals

Melita Kuburas
Metro | Canada



In person, chef Graham Elliot, of TV's MasterChef fame, looks different.

He's not wearing his usual bow tie, button-down shirt and vest, nor is he wearing a chef jacket. The white frame Ray Bans glasses, however, are unmistakable.

We meet on this unusually balmy October day in Toronto to talk about his first book, *Cooking Like a Master Chef*—his elevated take on foods “that everyone has had before,” he explains—stroganoff, pot roast, scallops, and caesar salad for example.

Sporting a red hoodie over a black T, jeans and red Converse sneakers, Elliot is feeling under the weather, slumped into the couch, his voice scratchy. But like his “jolly” TV persona, he's gracious and polite, even when we discuss his very apparent weight loss since he first shot to fame.

Elliot, who had vertical sleeve gastrectomy in 2013, used to

weigh 400 lbs, has now dropped to 250. He says that while this is not a diet book, the 100 recipes here are not the same as they would have been five years ago.

“I think maybe (my lifestyle) was reflective in the food that I did where it was like, ‘let's put a bunch of pop rocks on top of this! And maybe garnish this with chocolate sauce!’”

There are still indulgent dishes in the book, he says, “but it doesn't mean that I have to sit there and personally eat it all, too.”

Like for many chefs who work crazy long hours in a stressful environment, he used food as a crutch, he says. It's ironic that he would put so much love and thought into food he made for other people, but none of the care into his own meals.

“I would take \$20/lb filet mignon, serve it, roast it, glaze it in butter and herbs, slice it thin in a beautiful potato purée and at the end of the night I realize I haven't eaten in eight hours. So I would take all these burnt pieces of the filet that were left-over and squash it between a bun and that's my dinner, at three in the morning,” he says.

His surgery, which made his stomach smaller, thereby limiting his daily caloric intake, didn't really have an impact on food prep he says. That's where expertise (he's been in the business

for 20 years) comes in.

Take for instance the Maple-Bourbon Glazed Scallops with Butternut Squash and Swiss Chard (pg. 113), which he knows is going to have similar components to a butternut squash bisque with sliced raw scallop over the top, for instance.

“I know that that means it's going to be a soft silky texture, it's going to be naturally sweet, and I'll need something acidic to cut through the richness of the soup. You don't have to go and spoon up and taste everything in the world. You'll just taste it to make sure it's seasoned right,” he says.

FOOD

Everyday recipes

This book is aimed at the MasterChef viewer, the 20- to 50-year-old demo, people who are starting out as foodies, he says. It's not for the super elite, people who want to eat at 3-Michelin Star restaurants and make food with tweezers.

“It's the opposite of that. It's the people who like to cook at home and want to learn how to do it and maybe helping guide them along.”

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Bakula's perpetual Mardi Gras

INTERVIEW

NCIS New Orleans star talks about his Big Easy role

Ned Ehrbar
Metro | Hollywood



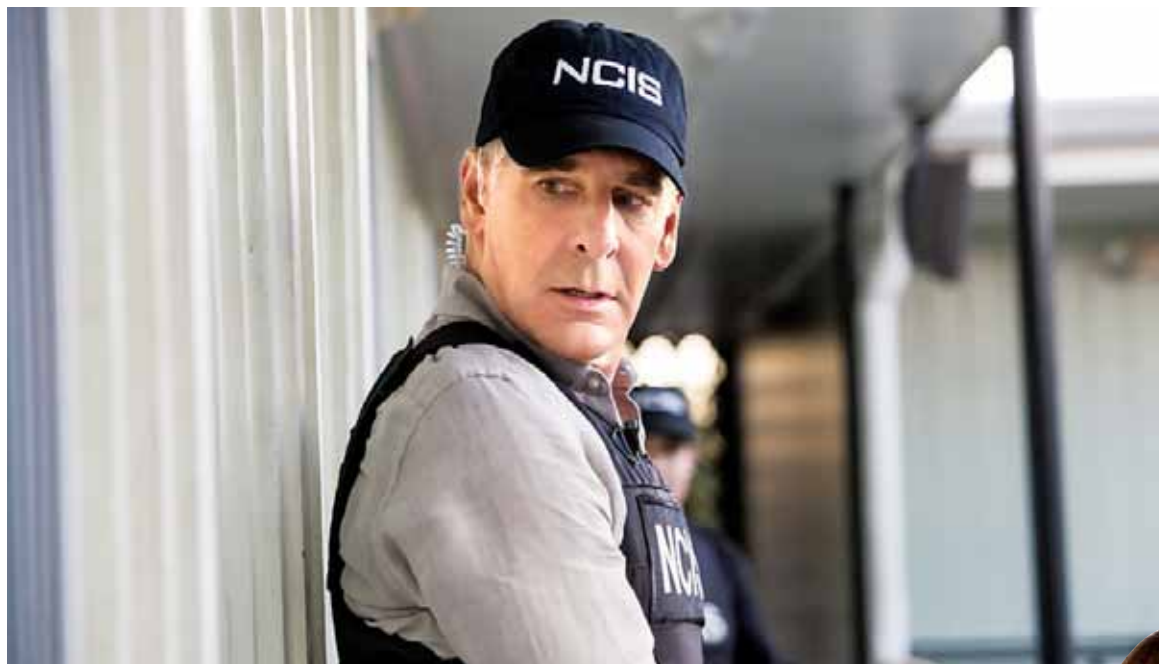
Scott Bakula is no stranger to TV, but a prime spot in the NCIS empire is still a fairly new experience. Bakula leads NCIS: New Orleans, which aired its first midseason finale last night on Global. He stars as Senior Special Agent Dwayne "King" Pride. But a job like that comes with its own unique challenges.

What do you think has changed for TV over the years? And do you think a franchise like this is kind of a sure thing?

I don't think there are any sure things anymore. I would've bet you a lot of money that Men of a Certain Age would've lasted more than 22 episodes and I would've lost a lot of money. I am still shocked by that. You just learn over your lifetime that when you're off making it, you know it's real.

As I've told everybody about this show, we have to make a good show. People aren't lazy with their clickers.

They switch channels if they don't like you. So if 17 million people are tuning in on a Tuesday night for NCIS, and for our show everybody turns off the TV and goes to watch something



Scott Bakula is celebrating the midseason finale of NCIS New Orleans. CONTRIBUTED

I said a couple of weeks ago, 'We're running out of parades,' and they said, 'Oh no, it's New Orleans, you never run out of parades.' Scott Bakula on what sets NCIS New Orleans apart from the other shows

else and we only get 10 million people — which is a lot for a lot of networks, but only 10 million on CBS are watching — our show we'll be cancelled. So I don't take anything for granted.

NCIS has been on the air for 12 years. Is it intimidating to follow that?
It's hard to get my head around. It's still hard to

comprehend that you're following the most-watched TV show on planet Earth. We were doing a crossover episode and I flew to L.A. to shoot with Mark (Harmon), and I was shooting Episode 4 and they were shooting Episode 240.

It's kind of humbling, really. I've never had anything last that long, so I can't comprehend it.

After four and a half years of Quantum Leap and four years of Enterprise, I was not ready for those shows to end. So I know that my attention span can last at least four years.

What sets this apart from the other NCIS shows?

I said a couple of weeks ago, "We're running out of parades," and they said, "Oh no, it's New Orleans, you never run out of parades."

There is a parade for Thanksgiving, there is a parade for Halloween, there is a parade for Christmas, there are all the Mardi Gras parades, there is an Easter parade. They love to celebrate in that town, but at the end of the day we have to dig deep into the history and the culture and the community that lives there. You

have all this infusion of all these worlds coming and landing there and settling there and dying and killing and storms and tragedies. And the people that stay there are, they're a little crazy and very possessive about the city. They're all asking me, "How do you like my city?" It's a fascinating place and that's part of the show, a big part of the show.

WEDDINGS Sip-free Sofia sparks baby talk

During what was certainly the most heavily documented celebrity wedding of the decade, bride Sofia Vergara raised more than a few eyebrows by eschewing any celebratory champagne, despite her marriage to Joe Manganiello being a huge party.

So what gives?

"The reception was so much fun. Even though so many people there were wasted, Sofia was not at all," a source says of the West Palm Beach, Fla., nuptials, according to Radar Online.

"Either Sofia chose not to get drunk at the wedding out of respect for Joe" — who is 12-years sober — "or she is pregnant."

Well, then. Which do we think it is? The groom's comments at the reception point to family planning: "Joe cannot wait to have children with her, and he said that they are going to be trying right away," the source adds.

Maybe they got an early start on it.

NED
EHRBAR/
METRO HOLLYWOOD

Sofia Vergara.
GETTY IMAGES



SPECULATION

The very public love of Gwen and Blake

So this whole Gwen Stefani dating Blake Shelton thing. We need to talk about it.

I'm not saying I'm getting suspicious, but I'm getting suspicious. The Voice co-judges continue to play the whole thing up for the cameras and behind the scenes so that word can get out about how cutesy they are together.

Like during the taping of this week's episode, during a commercial break Shelton made sure to walk over to Gwen and whisper in her ear a whole bunch as she rested her hand on the small of his back. And it doesn't help that when we chatted with Christina Aguilera earlier this



Blake Shelton. GETTY IMAGES

month she was far too eager to talk about them — even bringing up the topic herself.

Let's just say the whole thing feels a bit ... staged. That's all.

NED EHRBAR/METRO

GOSSIP BRIEFS

Move over Brad, Angelina has eyes for Frankenstein

Angelina Jolie could be set to star as the Bride of Frankenstein in Universal's planned remake of the movie. According to Comingsoon.net and The Hollywood Reporter, the group is keen to revamp the cult 1935 horror flick with the star taking the lead role. The remake was first announced back in 2009, when it was set to be produced by Brian Grazer and directed by Neil Burger. Jolie's most recent project, By the Sea, which she directed and stars in alongside husband Brad Pitt, was released earlier this month to poor box office sales.

AFP

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Practical Civic shows its fun side



REVIEW

Canada's top-selling ride gets a complete makeover

Jil McIntosh
For Metro Canada



Even when something's at the top of the heap, it still has to be kept up to date, but that rule hasn't always resonated with Honda. Its Civic has been Canada's best-selling car for almost two decades, but the last couple of "all-new" redesigns were so watered-down that it was sometimes tough to see exactly what had been done.

All is forgiven with the 2016 sedan, which truly is completely redesigned and which is now one of the more impressive mainstream compact sedans that I've driven.

There are two new engines, starting with a 2.0-litre four-cylinder that makes 158 horsepower, but my tester used the 1.5-litre turbo-charged four-cylinder. It's Honda's first turbo in North America and cranks out 174 horsepower, and runs on regular-grade gasoline. While the 2.0-litre is available with a six-speed manual, the turbo

exclusively uses an automatic continuously-variable transmission (CVT). The steering and handling are also much improved, and the car feels lightweight and nimble, with sharp response.

It's now longer and wider, and even though the roof swoops down at the back, rear-seat headroom remains the same as before. The cabin is very roomy and comfortable overall. The interior is also updated, most notably with a new instrument cluster that replaces the weird two-tiered version Civic used to have. Almost all materials are now soft-touch for a premium feel, and there's more small-item storage space than before. Most of the controls are large and easy to use, but the stereo needs a real volume dial, instead of an annoying touch-screen slider that's nearly impossible to accurately tap when you're moving.

There's also smart-phone integration on all but the base model. Plug in your phone, and either Apple CarPlay or Android Auto will access many of your apps on the car's centre screen (but please pay attention to your driving instead).

The Civic's still practical, but now it's fun as well. It's taken a few tries to get here, but Honda has finally released a version that's truly worthy of its best-seller status.

THE CHECKLIST

2016 HONDA CIVIC SEDAN

THE BASICS

Type. Four-door, five-passenger compact sedan

Engine (hp/torque). 2.0-litre four-cylinder (158/138); 1.5-litre turbo four-cylinder (174/162)

Transmissions. Six-speed manual or CVT

Price. \$15,990 (base), \$24,990 (as-tested), plus destination

COOL FEATURES

- Capless fuel filler
- Walk-away locking
- Lane Watch passenger-side monitor
- Wireless phone charging
- LED headlights
- Forward collision warning with braking
- Lane departure warning and mitigation
- Electronic parking brake

POINTS

- The Civic is also made in Ohio, but all sedans sold in Canada are built at Honda's plant in Alliston, Ont.
- Although it's larger than the outgoing model, the new version uses more high-strength steel, so it's stiffer and weighs less than before.
- The base DX trim comes only with a stick shift, and air conditioning is not available on it.

MARKET POSITION

Honda admits it was previously only chasing the competition, but now tries to move ahead. Civic is now a global vehicle, and all factories worldwide use techniques and training developed at the Ontario plant.

JIL MCINTOSH/FOR METRO

THE COMPETITION

Toyota Corolla
Base price: \$15,995

Dodge Dart
Base price: \$17,995

Volkswagen Jetta
Base price: \$15,995

KUDOS
The 2016 Honda Civic was named the Best New Small Car by the Automobile Journalists Association of Canada.

SOFTWARE

Google in the driver's seat in race to autonomy: Researchers

New research suggests that Google's unrivalled access to complementary technologies could mean it will be offering consumers access to driverless taxis before a traditional carmaker can get its first autonomous car in a dealership.

During his media roundtable discussion at the Tokyo Motor Show, Nissan head Carlos Ghosn was very careful to make a clear distinction between autonomous driving aids and the concept of self-driving cars.

"Driverless cars are cars without a driver, which is what Google and Uber are pursuing," he said. "Our objective for autonomous drive is not to take you out of the car. Our objective is to keep you in the car and empower you."

But while carmakers discuss the finer points and governments are yet to reach a consensus regarding the legislation needed to let cars drive themselves in public, according to IHS Automotive, Google is already streets ahead in the race to make autonomous cars a reality.

"No other company has as much relevant technology to

advance autonomous driving software," said Egil Juliussen, PhD, senior research director at IHS Automotive.

The search giant is a leader in mapping, machine learning and artificial intelligence and has unrivalled access to other innovations, too.

"Google is in a unique position to leverage adjacent technologies for developing self-driving car software," Juliussen said. "And its strategy and goal is to provide the software and map infrastructure to allow mobility services to anyone."

Nissan, Toyota, Volvo, Honda and Audi have all set themselves a deadline of 2020 for delivering their first production cars with next-generation autonomous aids. However, IHS forecasts that "Car as a Service" (CaaS) fleets will be an app-controlled reality before 2025.

IHS forecasts that by 2035, 10 per cent of new cars on sale around the world will be fully autonomous. However, it also notes that the rate at which breakthroughs are being made means that this estimate could be very conservative. AFP



Artistic rendering of Google's autonomous vehicle. GOOGLE INC.

Honda's shrinking act no small feat



MISSION E CONCEPT

Porsche unveils an electric game-changer

An all-electrically-powered four-seat, four-door sports car with a 500-kilometre range, 600 horsepower, all-wheel-drive and 15-minute recharge time could soon be real if Porsche decides to build its stunning Mission E concept. The source of Porsche's string of incredible claims is the first 800-volt power system to be incorporated in an automobile. Conventional electrics use 400-volt systems. Although the car is a concept, its electric drive system has been proven in motor racing, in the Porsche 919 hybrid that finished 1-2 at this year's 24 Hours of Le Mans endurance race in France.

HYDROGEN

FCV powertrain matches conventional tech for size

New technology means that Honda's tentatively named FCV fuel-cell vehicle — one of only a few hydrogen-powered sedans beginning to come to market — can house its entire powertrain in the same space that a traditional internal-combustion engine and transmission occupy. Just two decades ago, fuel-cell powertrains were on average the size of a minivan, making Honda's achievement no small feat. The car debuted at last month's Tokyo Motor Show, featuring a full cabin that seats five adults and a claimed range of 700 kilometres. "Exhilarating driving" is made possible by two high-output motors, Honda said.



TEXT AND IMAGES BY WHEELBASE MEDIA;
MODEL X PHOTO: AFP/GETTY IMAGES



THE GREEN ANGLE

Metro's weekly picks for the latest in environmental news

DESIGN

Tesla Model X is gullwingin' it

Two versions of Tesla Motors' uniquely designed and styled Model X midsize wagon were offered at launch: the inventively named 90D, starting at \$133,200 in the United States, and the just-as-ambitiously-titled P90D, starting at \$143,200 and bearing the "Ludicrous Speed" option that gives it a zero-to-96-km/h time of 3.2 seconds. Both versions will travel a claimed 400 kilometres on a single charge, carry seven passengers in three rows of seats, and tow up to 2,270 kilograms. Unique features include rear passenger doors that swing straight up, a single-piece windshield that sweeps from the hood to halfway across the roof, an automatic front door and, for the cabin, a medical-grade air filtration system.

+ IN BRIEF

• **Audi** says it is committed to putting its much-heralded E-tron Quattro into production, calling the all-electric concept "a foretaste" of what's to come. With a 310-kilometre range, the automaker says the E-tron Quattro will be "sporty, efficient and suitable for everyday use."

• The **Los Angeles Police Department** has pressed a couple of electric cars into police service. It will get a BMW i3 loaner next

year for research and public-relations purposes; a loaner Tesla Model S P85D will also see police duty.

• **Cylinder deactivation** allows larger-displacement engines to cut fuel to some cylinders under light loads — typically, to four of eight cylinders. General Motors is considering a system that deactivates all but two cylinders, noting a GMC Yukon Denali needs just 30 horsepower to cruise at steady highway speeds.

TOYOTA

Fuel-cell 'family' not expected within decade

As it did with the Prius hybrid that began as a single model and grew into its own line of vehicles, Toyota might eventually do the same with its limited-production Mirai hydrogen-fuel-cell sedan, pictured, currently available in North America only in California and in very small numbers. Mirai chief engineer Yoshikazu Tanaka hopes one day a model lineup of fuel-cell vehicles will be the case. Speaking to Autocar magazine, he didn't propose anything specific model-wise, as that won't happen overnight, he said. It likely will take 10 or 20 years before fuel-cell cars achieve sales volumes in the neighbourhood of today's hybrids, and finding clean sources of hydrogen is still considered an issue.





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GLK is mostly a worry-free bet

USED VEHICLE

2010-16 models from Mercedes mix comfort and sportiness

The Mercedes GLK launched for 2010 with a blocky and rugged look that flew in the face of more swoopy and wind-swept competitors, and boasted great visibility on account of its square propor-

tions and thin window pillars, generous manoeuvrability, and a full complement of upscale feature content fitting of the badge.

Taking a place beneath the ML in the brand's utility vehicle lineup, GLK intended to compete with machines like the Acura RDX and BMW X3. Feature content included push-button start, navigation, heated leather, automatic climate control, xenon lights and plenty more.

At launch, all models ran

a 3.5-litre V6 with 268 horsepower, a 7-speed automatic, and 4Matic All-Wheel Drive (AWD). From 2013, the V6 was up-rated to just over 300 horsepower, and a 2.1-litre twin-turbo diesel four-cylinder engine becomes available, in the GLK 250 Bluetec.

The test drive

Any jerky shifts, slamming sensations, or failure of the transmission to respond via downshift to throttle inputs could be the result of a fussy Trans-

mission Control Unit (TCU), which can be remedied by a reset or re-flash of its computer software. If any unwanted sensations from the transmission are noted on a test drive, be sure to have a Mercedes dealer investigate.

Run the COMMAND central control interface through its paces, exploring and confirming proper operation of all functionalities. Some owners have reported sporadic or regular crashing-out of this system, which can render many

vehicle functions relating to communications, entertainment and navigation inoperable. Revised system programming, available through your dealer, will typically solve any detected issues. Try the control knob in all directions, call up all menus, pair a phone, and be sure the system responds favourably.

Confirm proper operation of the powered tailgate, if equipped. If the tailgate reverses direction on its own, in either direction, a faulty motor

clutch is probably to blame. Dealer service advisers have access to a service bulletin with more information on diagnosing and fixing issues with the rear power tailgate.

Squeaky brakes may be the result of excessive wear, or the need for revised brake pads to mitigate vibrations that cause squeaks. Other uncommon but notable issues include backup camera failure, short taillight bulb life, and fluid leaks from a front axle seal.

JUSTIN PRITCHARD

What owners like

Styling, classiness, comfort and the GLK's upscale cabin are highly rated by owners. Many report a perfect blend of agility, sportiness and comfort is maintained on all surfaces. A solid and robust feeling of quality is noted, and even the standard stereo system is said to be potent. Finally, numerous tall drivers go out of their way to mention the GLK's generous head-room.

What owners dislike

Some owners wish for larger side mirrors and more rear seat legroom, and question the engine's need to be fed premium-grade fuel.

The verdict

The most frequently reported issues with the GLK appear to be minor in nature, and should be easily detected and fixed. Prospective shoppers who find a good deal on a used copy, and get a thumbs-up from a Mercedes-Benz technician on a pre-purchase inspection, can buy with confidence.



COURTESY MERCEDES

IN-VEHICLE FEATURES

Technology trumps brand loyalty among carbuyers: Poll

Consumers have started placing such a high premium on in-car technology that they're prepared to switch brands in order to get the features they want.

According to a new KS&R survey commissioned by Autotrader in the U.S. and published to coincide with the L.A. Auto Show, almost two-thirds of consumers in the market for a new set of wheels would be willing to consider a different marque if the standard of technology on offer in their preferred car was lacking.

In fact, nine out of 10 drivers

who are getting ready to buy a new car in the coming months have already started researching carmakers' latest tech offerings, particularly in terms of entertainment and driver aids.

"In-vehicle technology ranks increasingly higher for consumers as they consider must-have and desired features in their car shopping," said Michelle Krebs, Autotrader senior analyst. "That puts automakers under intense pressure to anticipate and offer the technologies consumers desire, or they risk losing them to a brand that delivers."

More than half — 59 per cent — of the 1,012 U.S. vehicle owners surveyed said that cruise control was a must-have feature on their next car, while 59 per cent singled out diagnostic alerts and 49 per cent integrated USB charging ports.

In addition, the Autotrader study is the latest of many recent surveys to highlight that consumers clearly have doubts about the benefits of systems that simply offer an alternative to the apps and features that are already on their smartphones. For example, 67 per

cent thought that access to music streaming via the dashboard would be a "nice to have" feature (up from 12 per cent in last year's study) and 61 per cent said they wish their current car had a Wi-Fi hotspot (just 16 per cent in 2014). However, 39 per cent said they prefer using the navigation system on their smartphone to the ones integrated into cars.

Therefore, the fact that 57 per cent said that carmakers should focus on better in-car smartphone integration shouldn't come as a surprise. AFP



Carmakers are increasingly focusing on infotainment, hands-free systems and mirroring actions from smartphones. ISTOCK



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AUTOPILOT

Interior design for the self-driving era stirs mixed feelings

Mike Goetz
For Metro Canada



The Volvo Concept 26 revealed at this week's auto show in Los Angeles isn't a whole vehicle — just some interior elements to show how an interior might be optimized to take advantage of autonomous or self-driving technology.

The main idea behind Concept 26 is that future autonomous cars will allow drivers three different ways to spend

their time behind the wheel — drive, work or relax. This interior will literally reshape itself into three different “modes,” depending on what you want to do.

“Drive” mode is like a normal interior, with upright seating and the driver at the control.

“Create” is one of modes possible when the vehicle is driving itself, and transforms the driver cockpit into a work station, entertainment lounge, or combination of both. The passenger-side dashboard flips around to reveal a 25-inch flat-screen monitor.

The driver's seat, tray table, and tablet interface in the centre console can be configured in a variety of ways to help you get work done, or to consume various quantities of entertainment.

“Relax” mode reclines the driver's seat into a bed-like horizontal position. You can just lie there, or partake of the content that the entertainment centre curates, and suggests to you, via the big flat screen.

This is all good, right? Who wouldn't want to nap in your car when you're too tired to drive? Or watch the complete

first season of the acclaimed British series, *Sherlock*, starring the captivating Benedict Cumberbatch, during one straight drive to Disney World in Florida?

I'm just having trouble with the suggestion that this interior, and others like it that are also optimized for self-driving, will “save” time, or make time more productive, or just generally be “better” somehow.

The Volvo Concept 26 is so called because, according to Volvo research, autonomous driving will “allow drivers to reclaim a significant amount of

time from their daily commute, and make the time more meaningful.... In the United States many drivers could regain an average of 26 additional minutes for each commute and several hundred hours per year.”

Make the time more meaningful? By spending more time on the screen?

I guess there is always the possibility that more screen time could be productive and meaningful, but the chances are just as great we're going to slide into our default mode, and watch another episode of *Say*

Yes to the Dress, or the latest instalment of *Sports Centre*, or other stuff we'd rather not admit to publicly.

I don't have a long commute now, but when I did a few years ago, I loved that “limbo” state, where a hectic work day was held at bay, or my home life was held at bay, until I actually got there.

The boring commute seems to be one of the last best ways to get some forced “do nothing time,” which researchers increasingly say is a vital component of being human.

Movie treatment

The Los Angeles Auto Show has brought with it a share of creative car makeovers as vehicle manufacturers partner with movie studios for a series of eye-catching tie-ins; we look at four recent homages from the show itself and abroad. **AFP**

FIAT

A 'Trooper

Fiat Automobiles has snagged the Star Wars look that turns its 2008 European Car of the Year into a piece of sci-fi headwear on wheels. The Fiat 500e Stormtrooper has a custom colour scheme plus a windshield and side windows wrap that gives it the look of a First Order Stormtrooper's protective helmet. The black and white theme continues with the supermini's interior that envelops leather- and Alcantara-upholstered front and rear seats, with a “Star Wars” logo placed on the dash and a First Order insignia placed on the leather-wrapped steering wheel.



MERCEDES-BENZ

One for the whole gang

Big enough for Charlie and all his pals: The *Peanuts Movie* has got a helping hand from Mercedes-Benz in the form of the V-Class van. If we all thought Snoopy flies a Sopwith Camel, it turns out that he drives a Mercedes-Benz van, at least for now, as the *Peanuts* gang are going on a promotional tour of Germany. That's ahead of The *Peanuts Movie* getting its domestic German-language premiere on Dec. 23, while a 30-second computer-animated commercial, “Snoopy's Biggest Ride,” does the job on TV.



FORD

The Minionwagon

Meanwhile, Ford's Transit Connect isn't so much miniwagon as it is Minionwagon after a crossover with Universal Pictures' *Minions*. The seven-passenger, folding-seat Minionwagon is in the midst of a U.S. tour, starting at the final NASCAR Sprint Cup race at the Homestead-Miami Speedway on Nov. 22 before heading to the Universal Orlando Resort, then Atlanta and Philadelphia, before arriving in New York City.

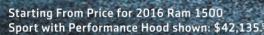


TOYOTA

Futuristic twist

Back at the L.A. Auto Show, Toyota brought its “Back to the Future” edition of the hydrogen-powered Mirai to the Convention Center floor. Shown off at the Las Vegas SEMA Show at the start of November and now in Los Angeles, the gullwinged custom number also sports several other modifications courtesy of Toyota partner MV Designz: a Mr. Fusion power supply, a Flux Capacitor, time machine display and mirrored wheels, in addition to the films' Outatime registration plate.

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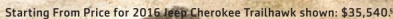
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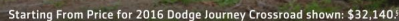
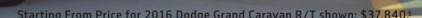
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OR **STEP UP TO
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Examples: 2016 Ram 1500 Quad Cab SXT 4x4 (25A-AGR)/2016 Jeep Cherokee Sport 4x4 (24A)/2016 Dodge Grand Caravan SXT (29E)/2016 Dodge Journey SXT (29E) with a Purchase Price of \$29,368/\$28,177/\$26,323/\$27,500 with a \$0 down payment, financed at 0% for 60/72/72/36 months equals 130/156/176 bi-weekly payments of \$226/\$181/\$169/\$357 with a cost of borrowing of 0% and total obligation of \$39,368/\$28,177/\$26,323/\$27,500. \$50,000 in Total Discounts is available on new 2016 Ram 1500 models (excluding Reg Cab) and consists of \$7,500 in Consumer Cash Bonus/Cash and \$1,500 in Ram Truck Loyalty/Conquest Bonus Cash and \$1,000 Black Friday Bonus Cash. See your retailer for complete details. †Finance Plan! Ahead-Bonus Cash and 1% Rate Reduction is available to eligible customers on the retail purchase of select 2015/2016 Chrysler, Dodge, Jeep, Ram or FIAT models at participating retailers. LIMITED TIME OFFER. Finance Plan! Ahead-Bonus Cash will be deducted from the negotiated price after taxes. 1% Rate Reduction applies on approved credit to most qualifying subvented financing transactions through RBC, TD Auto Finance & Scotiabank. 1% rate reduction cannot be used to reduce the final interest rate below 0%. Eligible customers include all original manufacturers of a Chrysler, Dodge, Jeep, Ram or FIAT model with an eligible standard/subvented finance or lease contract maturing after January 1, 2015. Trade-in or dealer. 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Retailer offer/trade may be necessary. Examples: 2016 Ram 1500 Quad Cab SXT 4x4 (25A-AGR)/2016 Jeep Cherokee Sport FWD (24A) with a Purchase Price of \$29,368/\$28,175 with a 1998/\$0 down payment, financed at 3.99% for 96 months equals 208 bi-weekly payments of \$157/\$174 with a cost of borrowing of \$4,185/\$3,862 and a total obligation of \$33,553/\$27,303,036.64. †3.99% purchase financing for up to 96 months available on select new 2016 models through RBC, Scotiabank and TD Auto Finance. Retailer offer/trade may be necessary. Examples: 2016 Dodge Grand Caravan Canada Value Package (29E)/2016 Dodge Journey Canada Value Package (22F) with a Purchase Price of \$20,995/\$20,150 with a \$0 down payment, financed at 3.99% for 96 months equals 208 bi-weekly payments of \$118/\$113 with a cost of borrowing of \$3,563/\$3,420 and a total obligation of \$24,558/\$23,569.94. †\$1,000 Ram Truck Loyalty/Conquest/Skilled Trades Bonus Cash is available on the retail purchase of 2015/2016 Ram 1500 (excluding Regular Cab), 2014/2015/2016 Ram 2500/3500/Cab & Chassis, or 2015 Ram Cargo Van and is deducted from the negotiated price after taxes. Eligible customers include: 1. Current owners/lessees of a Dodge or Ram Pickup Truck or Large Van or any other manufacturer's Pickup Truck or Large Van. The vehicle must have been owned/leased by the eligible customer and registered in their name on or before November 1, 2015. Proof of ownership/lease agreement will be required. 2. Customers who are skilled tradesmen or are acquiring a skilled trade. This includes Licensed Tradesmen, Certified Journeymen or customers who have completed Apprenticeship Certification. A copy of the Trade License/Certification required. 3. Customers who are Baumeier Approved service providers. Proof of membership is required. Limit one \$1,000 bonus cash offer per eligible truck transaction. Some conditions apply. See your retailer for complete details. *Non-prime credit customers with a credit score of 600 or greater. †3.99% purchase financing for up to 96 months available on select new 2016 models through RBC, Scotiabank and TD Auto Finance. Retailer offer/trade may be necessary. 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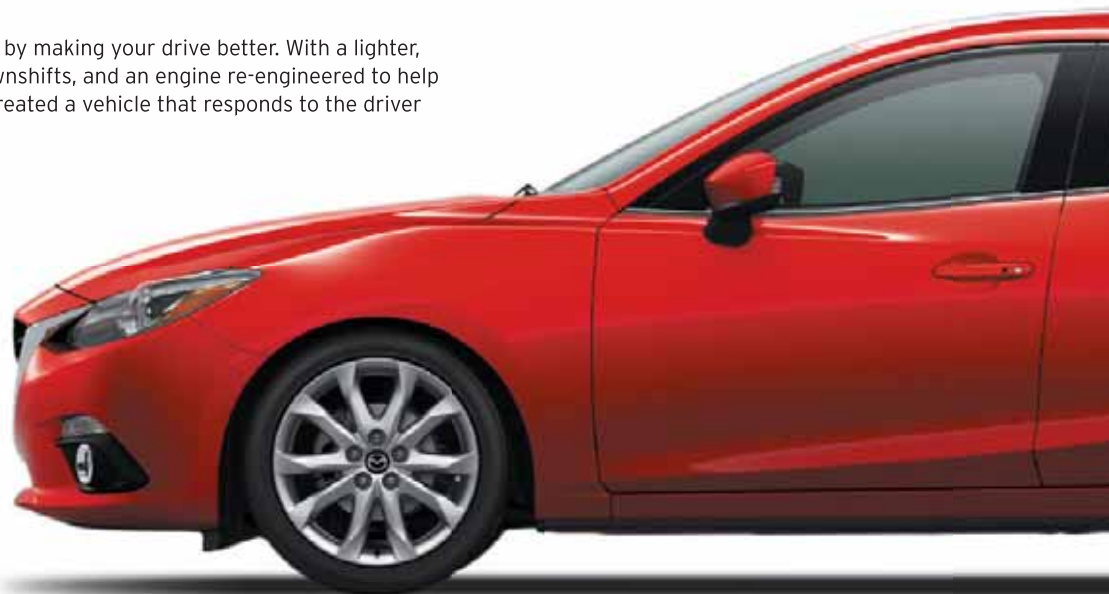
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GT models shown

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GT model shown

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Thriving as the main man

CFL

Head coach took Redblacks job to build from ground up

Many of Rick Campbell's childhood memories include the Edmonton Eskimos.

The Ottawa Redblacks head coach was a young boy when he watched his father Hugh — the Eskimos head coach at the time — lead Edmonton to five consecutive Grey Cup victories from 1978-82. Now Campbell is looking to make his own mark as a CFL head coach as he guides the Redblacks to their first Grey Cup appearance.

Perhaps fittingly, the Redblacks will play Edmonton on Sunday in Winnipeg. Campbell, who spent almost a decade on the Eskimos' coaching staff earlier in his career, is doing his best to downplay the connection and instead keep the focus on the big game.

"I'm just really trying to live in the moment and making sure we get our football team ready to play," Campbell said Tuesday before the team departed for Winnipeg. "I obviously do have a history with Edmonton with me working there and my family. I also got used to it as I've played against Edmonton over the years when I worked

in different cities."

Campbell made his CFL coaching debut with the Eskimos in 1999 as a defensive backs/special teams co-ordinator. He spent six seasons in the role before being promoted to defensive co-ordinator (2005-08).

Campbell also worked in various coaching roles with Winnipeg (2009), Calgary (2010), Edmonton (2011) Calgary again (2012-13), before heading to Ottawa last year for the Redblacks' debut season. When the 44-year-old native of Spokane, Wash., originally interviewed for the Redblacks' coaching position, part of the appeal was his desire to build something from the ground up.

"I wanted to come here to be a part of something new," he said. "It wasn't about me putting my name on the franchise, but it was about all of us putting our name on a new franchise in a new city. I had observed Ottawa from the outside and just had a really strong suspi-

cion this could be a really great thing to be a part of.

"We're trying to make this a place where we have high expectations and we want to be a winning program over the years."

In many ways Campbell, the East nominee for the CFL coach of the year award, has already surpassed expectations by taking his team to the Grey Cup after winning just two games last year.

The elder Campbell, meanwhile, will not be in Winnipeg for the Grey Cup. He'll be cheering the Redblacks on from San Diego, but has provided some advice for his son.

"He told me we've got to do the things that got you there," said Campbell. "It's a bigger stage, but as far as how you win football games doesn't change. You've got to make sure you do the right things and get prepared and do all those things and keep your head about you. Do the things to win football games." THE CANADIAN PRESS

TOP COACHES
Edmonton's Chris Jones will oppose Campbell as the West nominee for the CFL's coach of the year award.

I had observed Ottawa from the outside and just had a really strong suspicion this could be a really great thing to be a part of.

Rick Campbell



Rick Campbell receives a victory shower after the Redblacks won the East Division final on Sunday. SEAN KILPATRICK/THE CANADIAN PRESS

Ticats quarterback still without a timeline for his return



Collaros tore the anterior cruciate ligament in his right knee against the Eskimos in September. MARK BLINCH/THE CANADIAN PRESS

The Hamilton Tiger-Cats could still be without starting quarterback Zach Collaros when next season begins.

Collaros, who suffered a season-ending knee injury last September, was still on crutches Tuesday as players cleaned out their lockers at Tim Hortons Field. He wasn't sure whether he'll be ready to go when the new campaign begins in June.

"I'm not sure of a timeline to be honest with you," Collaros said. "I'd like to be back as soon as possible. At the same time, I'm not going to rush and get hurt again. I'm going to do everything that I can and work

as hard as I can to be back as soon as possible."

Collaros tore the anterior cruciate ligament in his right knee after taking a hit in the second quarter of a Sept. 19 game against Edmonton. Both he and head coach Kent Austin said they would take the advice of medical professionals, with Austin adding that he didn't want his star pivot to rush back into action.

"We're going to be smart and we're going to go according to the people that are the most

knowledgeable and make sure that we keep him on track," said Austin. "He's a valuable asset for us and we're not going to push him back too early."

Collaros, a 27-year-old native of Steubenville, Ohio, will be staying in southern Ontario to do his rehab.

At the time of his injury, Hamilton led the CFL East Division standings with an 8-3 record and seemed unstoppable. The Ticats lost to the Eskimos and backup pivot Jeff Mathews went 2-3 as a replacement be-

fore suffering a concussion in a game against Ottawa.

Mathews was replaced by Jacory Harris for the final regular-season game — also against the Redblacks — but Jeremiah Masoli took over later in the contest. Hamilton lost both games and settled for a second-place finish at 10-8.

Collaros still finished fourth overall among CFL pivots with 3,376 passing yards despite missing six-and-a-half games. He completed 252 of 359 pass attempts (70.2 per cent) for 25 touchdowns, eight interceptions and a league-leading quarterback rating of 113.7. THE CANADIAN PRESS

30

Over 30 Ticats could become free agents this February.

IN BRIEF

Russia's anti-doping system to go on trial next week

The Russian anti-doping system will go on trial at the Court of Arbitration for Sport next week with two Olympic medals at stake.

CAS will hear appeals from the International Association of Athletics Federations on Dec. 2-3 against six Russian athletes, the country's track and field federation and the national anti-doping agency, the court said Tuesday. The IAAF is challenging selective timing of bans imposed by RUSADA in January after blood doping was proved.

THE ASSOCIATED PRESS

FIFA ethics committee want life ban for Platini

The FIFA ethics committee has requested a life ban for Michel Platini, the Frenchman's lawyer said Tuesday, a move that would rule the UEFA president out of the race to succeed Sepp Blatter.



Michel Platini GETTY IMAGES

A source told The Associated Press that the maximum sanction was asked for when the FIFA ethics committee investigations unit submitted its final case report. Blatter may also be expelled from world soccer over a \$2 million payment of FIFA money he approved to Platini. THE ASSOCIATED PRESS

Irresistible Suarez-Messi double act conquers Roma

CHAMPIONS LEAGUE

Forward duo each hit brace to put Catalans into next round

Lionel Messi scored his first two goals after a two-month injury layoff and Luis Suarez netted a brace in a 6-1 rout of Roma on Tuesday as Barcelona advanced to the Champions League knockout rounds for a 12th consecutive season.

Suarez got Barcelona rolling at Camp Nou in the 15th minute. Three minutes later Messi scored his first goal in his second appearance since returning from a left-knee injury.

Messi netted the hosts' fifth after Suarez and Gerard Pique scored. Adriano capped the demolition before Edin Dzeko got Roma's consolation.

"Messi is the best and I feel very happy for him for his goals and for because he played the entire match," Suarez said. "We played a perfect game."

Barcelona had already qualified for the next phase before kickoff

RESULTS

Group E

Barcelona 6, Roma 1
BATE Bor 1, Bayer Levkn 1

Group F

Arsenal 3, Dinamo 0
Bayern Mun 4, Olympiakos 0

Group G

M'bi Tel-Aviv 0, Chelsea 4
FC Porto 0, Dynamo Kiev 2

Group H

Zenit St P 2, Valencia 0
Lyon 1, KAA Gent 2

after Bayer Leverkusen was held 1-1 at BATE Borisov, but the victory moved the defending champions onto 13 points and the top spot in Group E with a game to spare.

Roma was left with five points along with Leverkusen, while BATE has four.

Messi showed no rust from his time on the sideline recovering from a ligament he tore on Sept. 26. On Saturday, he played a little more than half an hour as a second-half substitute in Barcelona's memor-



Defender Gerard Pique also got on the scoresheet GETTY IMAGES



Barcelona star Lionel Messi scores his first goal since his two-month injury lay-off and his team's second goal during the Group E match at Camp Nou in Barcelona Tuesday. DAVID RAMOS/GETTY IMAGES

TUESDAY at Camp Nou

6
BARCELONA

1
ROMA

able 4-0 win at Real Madrid, looking threatening as ever despite not scoring.

The Argentine star took little time finding the net against an overmatched Roma side that rarely left its area.

Messi's goals were his first in the Champions League this campaign (he has only made two appearances) and 78th and 79th in competition history, second only to Cristiano Ronaldo's record of 83. Suarez,

meanwhile, continued his scoring streak with his ninth and tenth goals in his last six matches taking him up to 17 for the season.

Both Suarez and striker partner Neymar, who missed a late penalty, also excelled at playing a part in their team's goals with their passing.

THE ASSOCIATED PRESS

NFL

Partying catches up with Manziel as Browns demote QB

Dropped from starter to third-stringer — without playing a game.

Johnny Manziel partied his way out of the lineup during Cleveland's bye week.

Browns coach Mike Pettine benched the polarizing quarterback on Monday for his off-field behaviour, a move that could signal Manziel's days with the team are numbered.

Pettine said Josh McCown will start Monday night's game against Baltimore in



We always say to whom much is given, much is expected, and that's true for all of our players.

Browns coach Mike Pettine

place of Manziel, who was recently handed the starting job but couldn't keep it while the team had a week off.

Manziel's benching comes

in the wake of a video surfacing of him holding a bottle of champagne and rapping profane lyrics last weekend in an Austin, Texas, nightclub. He had

promised not to bring any embarrassment to the team during its week off, and did just that. Pettine, who has been supportive of Manziel in the past, has had enough.

"Everyone in this organization wants what is best for Johnny just like

we do for every player in our locker room. I'm especially disappointed in his actions and behaviour because he has been working very hard," Pettine said.

THE ASSOCIATED PRESS

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RECIPE Chicken and Rice Soup



PHOTO: MAMA USNETE

Ceri Marsh & Laura Keogh
For Metro Canada



We lovingly refer this kind of meal as a half-homemade dinner. Pick up a rotisserie chicken on the way home tonight and whip up a pot of this delicious, nourishing soup.

Ready in
Prep time: 20 minutes
Serves 6

Ingredients

- 2 Tbsp olive oil
- 1 onion, diced
- 4 carrots, peeled and diced
- 4 celery, trimmed and diced
- 1 Tbsp fresh thyme
- 6 cups low sodium chicken stock

- 3 cups leftover or rotisserie chicken, shredded
- 1 1/2 cups frozen corn (4 cobs with the corn sliced off)
- 1/2 cup fresh dill, chopped
- 1/4 cup lemon juice
- 2 cups cooked rice
- Salt and pepper

Directions

1. Place oil in a large pot and bring to medium heat. Add onions, carrots and celery and sauté for three minutes, until the vegetables start to soften. Add the thyme and stir.

2. Pour the stock into the pot. Now add the chicken, corn, dill, lemon juice and cooked rice. Taste and add salt and pepper to taste.

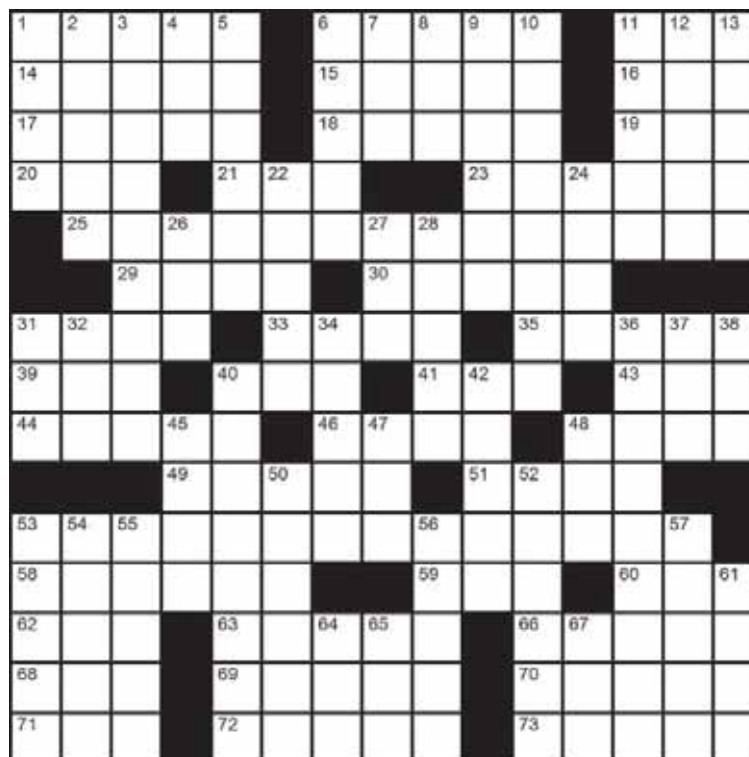
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CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

- Performs for pedestrians
- La __ Grey (Grey Cup, en français ...more at #25-Across)
- American comedian Louis, et al.
- __ (Carnivore's web purchase, say)
- Turn __ new leaf
- At the age of, in Latin [abbr.]
- Edith Piaf's " __ en Rose"
- City's leader
- Freelancer's encl.
- Soul: French
- "Sheila" singer Tommy
- Rick __, "Casa blanca" (1942) main character
- Sunday, November 29th, 2015... Winnipeg setting of this week-end's Grey Cup championship. __ Field
- Chimney stuff
- Saltpetre
- Honey: French
- Nile wader
- Enthusiastic
- "Gotchal"
- Azores island, __ Miguel
- English cathedral city
- Celebrity chef Ms. Drummond
- Tomato sauce's partner
- Roughly: 2 wds.
- Canadian singer Ms. MacLean
- Songbook standard: "Goodnight, __"
- Twist, as timber



- Canadian TV... "Crash Canyon", for one: 2 wds.
- Peaceful
- 'Hect' add-on
- '_' for Victoria
- Prefix to 'light'
- Horse-__ carriage
- Snow: French
- Periods beyond

- regular hrs.
- Start
- Celebrity photographer Ms. Leibovitz
- Form of stage show in Japan
- "Swell!"
- Covers the falcon's eyes

DOWN

- Mr. Lugosi
- Savoury fifth taste
- "...__ that run high...": Bit of Canadian folk classic "Four Strong Winds" by Ian & Sylvia
- And, in Athens
- Prefix to 'phonic' or 'type'
- Bathroom
- cleanser
- Eggs, scientifically
- One-eighty turn, slangy
- Jeff __ (Host of "Survivor")
- Canada's Governor General from 1904 to 1911 who, in 1909, donated the football trophy at

- Across: 2 wds.
- Big name in wristwatches
- "Speed" (1994) name
- Height-y, like a hill
- Ancient seaport of Rome
- Region
- Li'l loudness
- Clandestine maritime org.
- Ascends
- Blueprint
- James __ (Smashing Pumpkins co-founder)
- 1950s crooner Pat
- Marvin Gaye smash: "I Heard It Through the __"
- 'Profit' suffix
- Stephen of movies
- Actress Susan
- Decrease
- Famous magazine
- Embarrassed
- Three
- Everlasting, in verse
- Sports facilities
- British car, __ Martin
- Just began the hobby: 2 wds.
- __ coffee
- __ Domingo (Dominican Republic capital)
- Seal
- Dates
- Noted botanist Mr. Gray
- Drenched
- Compass dir.

★ IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
Ignore what others say you should be doing and do what feels right. If you listen to their advice you will get nowhere, so trust your own instincts.

Taurus April 21 - May 21
The full moon makes this an important time for money, so weigh your options and don't make a choice until you are 100 per cent sure you are doing the right thing. If you act on impulse you could regret it.

Gemini May 22 - June 21
It may seem as if the world is against you but common sense should tell you that isn't true. Try not to fall into the trap of thinking that those who disagree with you are enemies. They could be the best friends you have.

Cancer June 22 - July 23
Will you be able to make something out of all of your wonderful ideas? Of course, you won't know for sure until you try — so get on with it!

Leo July 24 - Aug. 23
Start something new, especially something of a creative nature. If you try your hand at something different today you may find you have a talent that has lain dormant for years — and it could make you rich.

Virgo Aug. 24 - Sept. 23
The more others tell you that what you are doing is misguided the more you will go out of your way to prove them wrong. You don't need anyone's advice — you are quite capable of getting it wrong yourself!

Libra Sept. 24 - Oct. 23
The full moon may prevent you from getting out and about as much as you would like to today but don't let that stop you from communicating. Thanks to the telephone and the internet no-one can hide from you.

Scorpio Oct. 24 - Nov. 22
You need a fresh approach to a money matter that has been causing problems. You've been influenced by what others think, so ignore their advice and follow your instincts.

Sagittarius Nov. 23 - Dec. 21
The Sun in your birth sign at this time of year gives your confidence a boost but you still need to have a plan. Today's full moon will impress on you the urgency to get one!

Capricorn Dec. 22 - Jan. 20
Despite what your mind might be telling you no one is out to get you and you won't lose out if you take the occasional risk.

Aquarius Jan. 21 - Feb. 19
If you have an urge to meddle in other people's affairs you must resist. The planets warn that even if you are successful in changing things you will have to change them back again later and it will cost you.

Pisces Feb. 20 - March 20
The Sun in the career area of your chart urges you to change things if you are unhappy with your lot in life. However, the current full moon warns you should wait a couple of days before making your move.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



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